



Trainingsplan Pupilles

CS Grevenmacher

| Oktober | | | November / Dezember | | |
|---------|------------|----------------------|---------------------|------------|----------------------|
| 1 | Montag | | 1 | Donnerstag | |
| 2 | Dienstag | Training 17:00 | 2 | Freitag | |
| 3 | Mittwoch | | 3 | Samstag | |
| 4 | Donnerstag | Training 17:00 | 4 | Sonntag | |
| 5 | Freitag | | 5 | Montag | |
| 6 | Samstag | Championnat 3 | 6 | Dienstag | Training 17:00 |
| 7 | Sonntag | | 7 | Mittwoch | |
| 8 | Montag | | 8 | Donnerstag | Training 17:00 |
| 9 | Dienstag | Training 17:00 | 9 | Freitag | |
| 10 | Mittwoch | | 10 | Samstag | Championnat 7 |
| 11 | Donnerstag | Training 17:00 | 11 | Sonntag | |
| 12 | Freitag | | 12 | Montag | |
| 13 | Samstag | Championnat 4 | 13 | Dienstag | Training 17:00 |
| 14 | Sonntag | | 14 | Mittwoch | |
| 15 | Montag | | 15 | Donnerstag | Training 17:00 |
| 16 | Dienstag | Training 17:00 | 16 | Freitag | |
| 17 | Mittwoch | | 17 | Samstag | Championnat 8 |
| 18 | Donnerstag | Training 17:00 | 18 | Sonntag | |
| 19 | Freitag | | 19 | Montag | |
| 20 | Samstag | Championnat 5 | 20 | Dienstag | Training 17:00 |
| 21 | Sonntag | | 21 | Mittwoch | |
| 22 | Montag | | 22 | Donnerstag | Training 17:00 |
| 23 | Dienstag | Training 17:00 | 23 | Freitag | |
| 24 | Mittwoch | | 24 | Samstag | Championnat 9 |
| 25 | Donnerstag | Training 17:00 | 25 | Sonntag | |
| 26 | Freitag | | 26 | Montag | |
| 27 | Samstag | Championnat 6 | 27 | Dienstag | Training 17:00 |
| 28 | Sonntag | | 28 | Mittwoch | |
| 29 | Montag | | 29 | Donnerstag | Training 17:00 |
| 30 | Dienstag | Training 17:30 | 30 | Freitag | |
| 31 | Mittwoch | | 1 | Samstag | |
| | | | 2 | Sonntag | |

Trainingsbeginn 17:00 in Grevenmacher

Bei nicht Erscheinen zum Training bitte abmelden!

Trainer:

Marc Petermann
691 280 576

Andre Haas
621 453 639

Jugendkoordinator:

Rech Christian
691 705 818