Raiffeisen ROLLHOCKEYCLUB WOLFURT

Unterhub 11a AT-6922 Wolfurt info@rhc-wolfurt.com www.rhc-wolfurt.com

Trainingsplan RHC Wolfurt - Saison 2020/21

Zeit	Dienstag		Mittwoch	Donnerstag		Freitag	
14:30			Bambini 14.30 - 16.00				
15.00						U9 15.00 - 16.30	
15.15							
15.30							
15.45							
16.00	U9 16.00 - 17.30	U11 16.00 - 17.30					U11 16.00 - 17.15
16.15							
16.30							
16.45				U13 16.45 - 18.15		Torhüter 16.45 - 17.45	
17.00							
17.15							U13 17.15 - 18.15
17.30	U13 17.30 - 18.30						
17.45							
18.00							
18.15				U15/U17 17.45 - 19.15		U15/U17 18.15 - 19.30	
18.30	U15/U17 18.30 - 20.00						
18.45							
19.00							
19.15				NLA/1.Gr. 19.15 - 21.00		NLA 19.30 - 20.45	
19.30							
19.45							
20.00	NLA/1.Gr. 20.00 - 22.00						
20.15							
20.30							
20.45						ALTHERREN 20.45 - 22.15	
21.00				OVERAGED BAMBINI 21.00 - 22.30			
21.15							
21.30							
21.45							
22.00							
22.15							
22.30							
22.45							
23.00							