

Trainingszeiten 2016

(01.01.2016 – 31.07.2016)

Tag	Uhrzeit	Ort	Gruppe	Was?
<u>Schwimmen:</u>				
Montag	16.00 – 17.00	Europabad Wetzlar	L3	Swim
	16.00 – 18.00	Europabad Wetzlar	L2	Swim
	17.30 – 20.00	Europabad Wetzlar	L1a	Athletik+Swim
Dienstag	06.00 – 07.15	Westbad Giessen	L1+2	Swim
	16.30 – 18.30	Europabad Wetzlar	L+N	Swim
	19.15 – 20.30	Kraftraum Spilburg	L1a	Kraft
Mittwoch	06.00 – 07.15	Westbad Giessen	L1	Swim
	17.00 – 19.00	Europabad Wetzlar	L1	Athletik+Swim
Donnerstag	16.00 – 18.00	Westbad Giessen	L2,3,N	Swim
	17.00 – 19.00	Europabad Wetzlar	L1a	Swim
Freitag	06.00 – 07.15	Westbad Giessen	L1+2	Swim
	16.00 – 18.00	Westbad Giessen	L1	Swim
	17.00 – 18.30	Europabad Wetzlar	L3, N	Athletik+Swim
	17.00 – 19.30	Europabad Wetzlar	L2	Athletik+Swim
Samstag	11.00 – 14.00	Westbad Giessen	L1+2	Athletik+Swim
	18.00 – 19.30	Westbad Giessen	L1+2	Swim
Sonntag	10.00 – 12.00	Westbad Giessen	L1+2	Swim
	15.30 – 17.30	Westbad Giessen	L1+2	Swim