HALLENTRAININGSPLAN 2020/2021

Stockberghalle2 Siebnen (01.10.2020 - 30.04.2021)

Montag

Team	Trainer	17.00 - 17.30	17.30 - 18.00	18.00 - 18.30	18.30 - 19.00	19.00 - 19.30	19.30 - 20.00	20.00 - 20.30	20.30 - 21.00	21.00 - 21.30	21.30 - 22.00
Fa / Fb	Manuel Amann / Oli Schmidt										
Fa / Fb	Manuel Amann / Oli Schmidt										
2. Mannschaft	M.Brügger / Ch. Behrendt										

Dienstag

Team	Trainer	17.00 - 17.30	17.30 - 18.00	18.00 - 18.30	18.30 - 19.00	19.00 - 19.30	19.30 - 20.00	20.00 - 20.30	20.30 - 21.00	21.00 - 21.30	21.30 - 22.00
Vakant											
B	Heli Amann										
2. Mannschaft	M.Brügger / Ch. Behrendt										

Mittwoch

Team	Trainer	17.00 - 17.30	17.30 - 18.00	18.00 - 19.00	18.30 - 19.00	19.00 - 19.30	19.30 - 20.00	20.00 - 20.30	20.30 - 21.00	21.00 - 21.30	21.30 - 22.00
G	C.Savarese / T.Azar										
Senioren 50+	Urs Ruoss / Giusi Ferramosca										

Donnerstag

Team	Trainer	17.00 - 17.30	17.30 - 18.00	18.00 - 18.30	18.30 - 19.00	19.00 - 19.30	19.30 - 20.00	20.00 - 20.30	20.30 - 21.00	21.00 - 21.30	21.30 - 22.00
Ea / Eb / Ec	P. Kühne / G.L. Varcasia / J. Büeler										
B	Heli Amann										
1. Mannschaft	Ph. Rechsteiner / G.Ponik										

Freitag

Team	Trainer	17.00 - 17.30	17.30 - 18.00	18.00 - 18.30	18.30 - 19.00	19.00 - 19.30	19.30 - 20.00	20.00 - 20.30	20.30 - 21.00	21.00 - 21.30	21.30 - 22.00
Ea / Eb / Ec	P. Kühne / G.L. Varcasia / J. Büeler										
C	L. Rüttimann / L. Gasparini / A. Rüttimann										

Samstag

Team	Trainer	09.00 - 09.45	09.45 - 10.30	10.30 - 11.15	11.15 - 12.00	12.00 - 12.45	12.45 - 13.30	13.30 - 14.15	14.15 - 15.00	15.00 - 15.45	15.45 - 16.30
Da / Db	R. Juchli / S. Arsanli / D. Sprenger										
Vakant											
Vakant											
Vakant											

Büelturnhalle Siebnen (01.10.2020 - 30.04.2021)

Mittwoch

Team	Trainer	16.00 - 16.15	16.15 - 16.30	16.30 - 16.45	16.45 - 17.00	17.00 - 17.15	17.15 - 17.30	17.30 - 17.45	17.45 - 18.00	18.00 - 18.15	18.15 - 18.30
Fa / Fb	Manuel Amann / Oli Schmidt										
Fa / Fb	Manuel Amann / Oli Schmidt										

Donnerstag

Team	Trainer	16.00 - 16.15	16.15 - 16.30	16.30 - 16.45	16.45 - 17.00	17.00 - 17.15	17.15 - 17.30	17.30 - 17.45	17.45 - 18.00	18.00 - 18.15	18.15 - 18.30
Ea / Eb / Ec	P. Kühne / G.L. Varcasia / J. Büeler										

Freitag

Team	Trainer	16.00 - 16.15	16.15 - 16.30	16.30 - 16.45	16.45 - 17.00	17.00 - 17.15	17.15 - 17.30	17.30 - 17.45	17.45 - 18.00	18.00 - 18.15	18.15 - 18.30
Ea / Eb / Ec	P. Kühne / G.L. Varcasia / J. Büeler										

MPS Buttikon (01.10.2020 - 30.04.2021)

Dienstag

Team	Trainer	17.00 - 17.30	17.30 - 18.00	18.00 - 18.30	18.30 - 19.00	19.00 - 19.30	19.30 - 20.00	20.00 - 20.30	20.30 - 21.00	21.00 - 21.30	21.30 - 22.00
Ea / Eb / Ec	P. Kühne / G.L. Varcasia / J. Büeler										

Tischmacherhof Galgenen

Mittwoch

Team	Trainer	16.00 - 16.30	16.30 - 17.00	17.00 - 17.30	17.30 - 18.00	18.00 - 18.30	18.30 - 19.00	19.00 - 19.30	19.30 - 20.00	20.00 - 20.30	20.30 - 21.00
Da & Db	R. Juchli / S. Arsanli / D. Sprenger										