HALLENTRAININGSPLAN 2022 / 2023

Stockberghalle2 Siebnen (17.10.2022 - 30.04.2023)

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
Da	Gabriel Halef / Gjevat Ponik										
Ca	Roger Juchli / Ronnie Aeberli										
A	Jan Binder / Loris Gasparini / Lukas Rüttimann										

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
F	Patrick Kühne										
B	Alessandro & Graziano De Pasquale										

Mittwoch

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
F	Patrick Kühne										
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
F	Patrick Kühne										
Cb	Samed Avucu / Detlef Sprenger										
2. Mannschaft	Walter Ziganek / Fabio Mauro										

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
F	Patrick Kühne										
E	Marco Fankhauser										

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	Gabriel Halef / Gjevat Ponik										
B	Alessandro & Graziano De Pasquale										

Büelturnhalle Siebnen (01.10.2022 - 30.04.2023)

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
Ga	Jakob Sen / Jenny Fankhauser										
Gb	Jakob Sen / Jenny Fankhauser										

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
E	Marco Fankhauser										

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
Ca	Roger Juchli / Ronnie Aeberli										

MPS Buttikon (01.10.2022 - 30.04.2023)

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-Ed	Marco Fankhauser / Jan Büeler usw.										

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	Gabriel Halef / Oli Schmidt										