



Trainingsplan Sportpark Neukölln



07.10.2019 - 31.03.2020

Zeit/Tag von - bis	Montag				Dienstag				Mittwoch				Donnerstag				Freitag			
	NR1	KR2	KR3	NR4	NR1	KR2	KR3	NR4	NR1	KR2	KR3	NR4	NR1	KR2	KR3	NR4	NR1	KR2	KR3	NR4
16:00 - 16:15	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
16:15 - 16:30	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
16:30 - 16:45	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
16:45 - 17:00	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
17:00 - 17:15	X	E2/G1	D1	X	X		TW	X	X	E1/F1	F2/F3	X	X	D1	C2/D2	X	X	C1	C2	X
17:15 - 17:30	X	E2/G1	D1	X	X		TW	X	X	E1/F1	F2/F3	X	X	D1	C2/D2	X	X	C1	C2	X
17:30 - 17:45	X	E2/G1	D1	X	X		TW	X	X	E1/F1	F2/F3	X	X	D1	C2/D2	X	X	C1	C2	X
17:45 - 18:00	X	E2/G1	D1	X	X		TW	X	X	E1/F1	F2/F3	X	X	D1	C2/D2	X	X	C1	C2	X
18:00 - 18:15	X	E2/G1	D1	X	X		TW	X	X	E1/F1	F2/F3	X	X	D1	C2/D2	X	X	C1	C2	X
18:15 - 18:30	X	E2/G1	D1	X	X		TW	X	X	E1/F1	F2/F3	X	X	D1	C2/D2	X	X	C1	C2	X
18:30 - 18:45	X	TU	C1/C2	X	X	A1/B1	H1/Tw	X	A1	B1	C1	X	X	A1	H1	X	X	B1	H1	X
18:45 - 19:00	X	TU	C1/C2	X	X	A1/B1	H1/Tw	X	A1	B1	C1	X	X	A1	H1	X	X	B1	H1	X
19:00 - 19:15	X	TU	C1/C2	X	X	A1/B1	H1/Tw	X	A1	B1	C1	X	X	A1	H1	X	X	B1	H1	X
19:15 - 19:30	X	TU	C1/C2	X	X	A1/B1	H1/Tw	X	A1	B1	C1	X	X	A1	H1	X	X	B1	H1	X
19:30 - 19:45	X	TU	C1/C2	X	X	A1/B1	H1/Tw	X	A1	B1	C1	X	X	A1	H1	X	X	B1	H1	X
19:45 - 20:00	X	TU	C1/C2	X	X	A1/B1	H1/Tw	X	A1	B1	C1	X	X	A1	H1	X	X	B1	H1	X
20:00 - 20:15	X	PH	TK	X	X	KI/PF	H2	X	X	CW/ST	PH	X	X	KI/PF	H2	X	X	RK	ST	X
20:15 - 20:30	X	PH	TK	X	X	KI/PF	H2	X	X	CW/ST	PH	X	X	KI/PF	H2	X	X	RK	ST	X
20:30 - 20:45	X	PH	TK	X	X	KI/PF	H2	X	X	CW/ST	PH	X	X	KI/PF	H2	X	X	RK	ST	X
20:45 - 21:00	X	PH	TK	X	X	KI/PF	H2	X	X	CW/ST	PH	X	X	KI/PF	H2	X	X	RK	ST	X
21:00 - 21:15	X	PH	TK	X	X	KI/PF	H2	X	X	CW/ST	PH	X	X	KI/PF	H2	X	X	RK	ST	X
21:15 - 21:30	X	PH	TK	X	X	KI/PF	H2	X	X	CW/ST	PH	X	X	KI/PF	H2	X	X	RK	ST	X
21:30 - 21:45	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X
21:45 - 22:00	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X	X

Legende

NR1 = Naturrasen (Stadion)

KR2 = Kunstrasen (Platz links neben Stadion)

KR3 = Kunstrasen (Platz rechts neben Stadion)

NR4 = Naturrasen (Hockey-Platz)

B&S= Bühne und Sport

CW = Coole Wampe

KI = Kickerinhas (Kleinfeld)

PH = Pichanga FC (Herren)

PF = Pichanga FC (Damen) - Kleinfeld

RK = Rudower Kickers (Ü40)

ST = Solidarität / Tasmania

TK = Tasmania Kickers (Kleinfeld)

TU = Tasmania United (Kleinfeld)

Tw = Torwarttraining