



Trainingsplan Abenberg

Sommer 2022

	Montag			Dienstag			Mittwoch			Donnerstag			Freitag		
	P1	P2	P3	P1	P2	P3	P1	P2	P3	P1	P2	P3	P1	P2	P3
14:00														14:00 - 18:00	
-														Kinder	
15:00														Erwachsene	
15:00															15:00 - 16:30
-															Kinder
16:00															
16:00												16:00 - 18:00			
-												Kinder			
17:00															16:30 - 17:30
17:00	17:00 - 20:00			17:00 - 18:30			17:00 - 20:00								Kinder
-	Herren 60			Damen 40 II			Damen 40								
18:00	Herren 65						Damen 40 II					17:30 - 20:00			17:30 - 19:30
-												Herren 40			Erwachsene
18:00												Herren 50			
-														18:00 - 20:00	
19:00				18:30 - 20:00								18:00 - 20:00		Herren 40	
-				Damen 40								Herren 50		Herren 50	
19:00															
-															
20:00							19:00 - 20:30								
-							Juniorinnen 18								
20:00															
-															
21:00															

Legende:

freies Training

Tennisschule