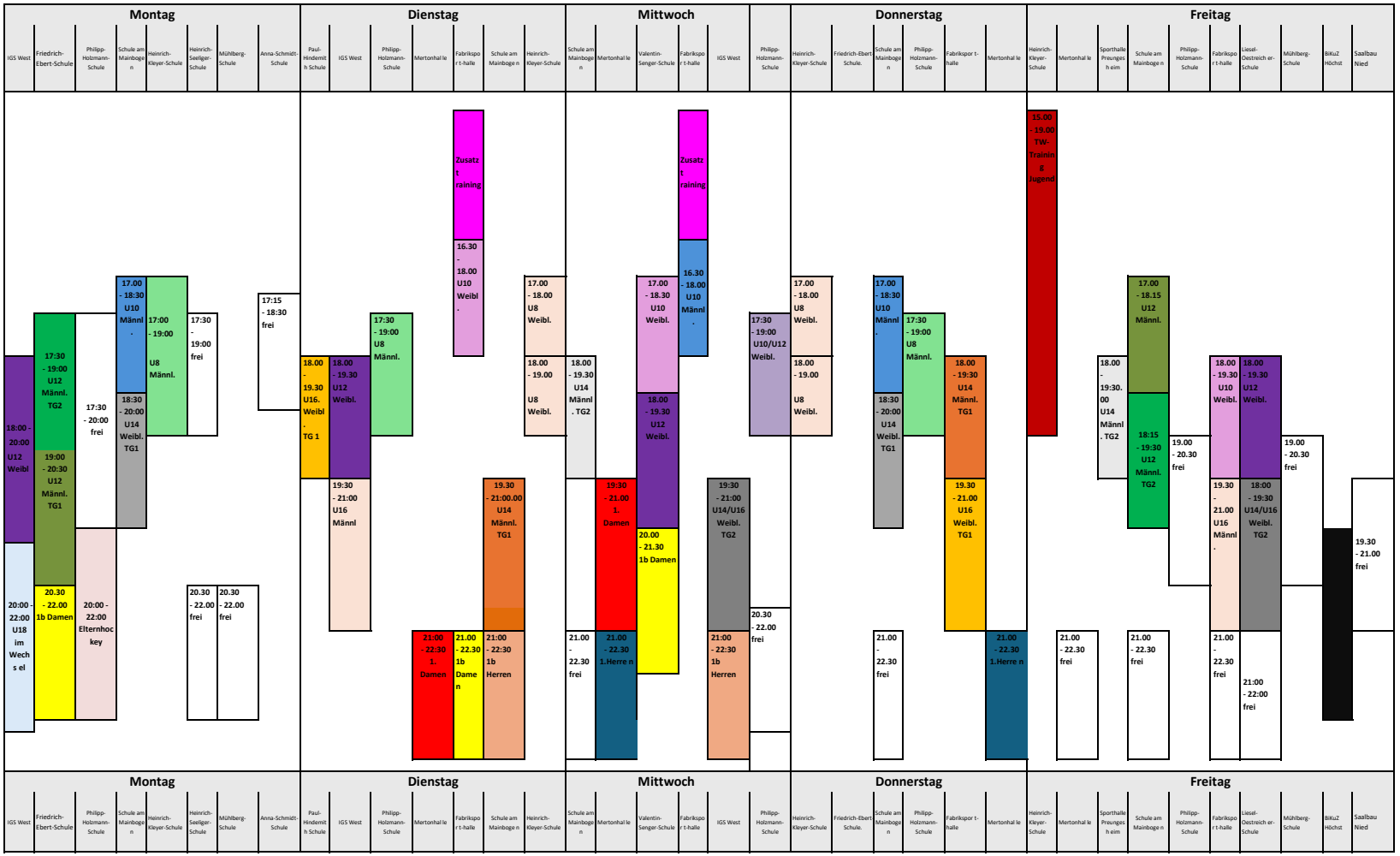
SC FRANKFURT 1880 - HOCKEYABTEILUNG

Trainingsplan - Hallensaison 2026/27

Beginn ab 01.11.2026



Montag		Dienstag		Mittwoch		Donnerstag		Freitag	
KuRa1	KuRa2	KuRa1	KuRa2	KuRa 1	K	KuRa1	KuRa2	KuRa1	KuRa2
16:00-17:00 MU8	16:00-17:00 U6				16:15-17:15 WU8	16:00-17:00 MU8	16:30-18:00 WU10		
				20:00-22:00 H3					

ATHLETIK

Montag	Dienstag	Mittwoch	Donnerstag	Freitag
16:00-17:00 WU10	17:00-18:00 MU10		16:30-17:30 WU12	
17:00-18:00 WU14/MU14 TG2	17:00-18:00 MU14 TG1 Kraft		17:30-18:30 MU16	
	18:00-19:00 WU14 & MU14 TG 1	17:00-18:00 MU12	18:30-19:30 MU16 TG1 Kraft	
	19:00-20:00 WU14 TG 1 Kraft	18:00-19:00 WU16	19:30-21:00 Damen	
	20:00-21:30 Herren	19:00-20:00 WU16 TG1 Kraft		