

Trainings Plan:	Jugend der SC Vlotho				
	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
A-Jugend		17:30-19:00h RKS		17:30-19:00h RKS	
B-Jugend		17:30-19:00h RKS			17:00-18:30h RKS
C-Jugend		17:30-19:00h GYM		17:30-19:00h RKS	
D-Jugend	17:30-19:00h Jahn		17:30-19:00h RKS		
E1-Jugend		16:00-17:30h RKS		17:30-19 h Jahn E1/E2	
E2-Jugend		17:30-19:00h Jahn		17:30-19h GYM E1/E2	
F1-Jugend		16:00-17:30h GYM		16:00-17:30h GYM	
F2-Jugend		16-00:17:30h GYM		16-00:17:30h GYM	
G-Jugend				16:00-17:00h RKS	
B-Juniorinnin	18:00-19:30h RKS		18:00-19:30h RKS		
C-Juniorinnin	17:30-19:00h RKS			17:30-19:00h GYM	
D-Juniorinnin	17:00-18:30h RKS		17:00-18:30h RKS		
E-Juniorinnin	16:30-17:45h RKS		16:30-17:45h RKS		
Montag	16:30 – 18:00 Schulzentrum (E1 & E2)				
	16:30 – 18:00 GS Vlotho (D - Mädchen)				
	20:00 – 22:00 Gymnasium (Frauen)				
Dienstag	16:30 - 18:00 Gymnasium (F1 & F2)				
	18:00 – 19:30 Gymnasium (D - Jugend)				
	15:45 – 17:00 Schulzentrum				
Mittwoch	15.45 – 17:00 Schulzentrum (Minis)				
Donnerstag	17:30 – 19:00 GS Uffeln (C - Mädchen)				
	17:00 – 18:30 Gymnasium (D - Jugend)				
	18:30 – 20:00 Gymnasium (Altherren)				
	20:00 – 22:00 Gymnasium (Herren)				
Freitag	15:00 – 16:30 Schulzentrum (F1-&F2)				
	16:30 – 18:00 Schulzentrum (E1 & E2)				