

## TCH Trainingsplan

Sep 22

| Datum      |    | Uhrzeit       | Zielgruppe            | Wo? |           | Trainer |
|------------|----|---------------|-----------------------|-----|-----------|---------|
| 12.09.2022 | Mo | 21.00 - 22.00 | Flossies              | LB  | Marion    | Kutte   |
|            |    | 21.00 - 22.00 | UWR                   | TB  | Christian |         |
|            |    | 21.00 - 22.00 | Apnoe                 | LB  | Marco     |         |
|            |    | 21.00 - 22.00 | ABC-Training für alle | LB  | Siegfried |         |
| 13.09.2022 | Di | 17.00 - 18.00 | Flossies              | LB  | Elke      | Steffen |
| 14.09.2022 | Mi | 19.30 - 21.00 | Flossies              | LB  | Evelyn    | Bernd   |
| 15.09.2022 | Do | 16.00 - 18.00 | Flossies              | LB  | Marion    | Kutte   |
|            |    | 21.00 - 22.00 | UWR                   | TB  | Christian |         |
| 17.09.2022 | Sa | 18.00 - 20.00 | Flossies              | LB  | Marion    | Kutte   |
|            |    | 19.00 - 20.00 | UWR                   | TB  | Christian |         |
|            |    | 18.00 - 19.30 | ABC-Training für alle | LB  | Siegfried |         |
|            |    | 18.00 - 19.00 | Aquafitness           | SB  | Ruth      |         |
|            |    | 18.00 - 19.00 | Tauchkurs             | TB  | Marco     |         |
|            |    | 19.00 - 20.00 | Apnoe                 | LB  | Marco     |         |
| 19.09.2022 | Mo | 21.00 - 22.00 | Flossies              | LB  | Marion    | Kutte   |
|            |    | 21.00 - 22.00 | UWR                   | TB  | Christian |         |
|            |    | 21.00 - 22.00 | Apnoe                 | LB  | Marco     |         |
|            |    | 21.00 - 22.00 | ABC-Training für alle | LB  | Siegfried |         |
| 20.09.2022 | Di | 17.00 - 18.00 | Flossies              | LB  | Elke      | Steffen |
| 21.09.2022 | Mi | 19.30 - 21.00 | Flossies              | LB  | Evelyn    | Bernd   |
| 22.09.2022 | Do | 16.00 - 18.00 | Flossies              | LB  | Marion    | Kutte   |
|            |    | 21.00 - 22.00 | UWR                   | TB  | Christian |         |
| 24.09.2022 | Sa | 18.00 - 20.00 | Flossies              | LB  | Marion    | Kutte   |
|            |    | 19.00 - 20.00 | UWR                   | TB  | Christian |         |
|            |    | 18.00 - 19.30 | ABC-Training für alle | LB  | Claudia   |         |
|            |    | 18.00 - 19.00 | Aquafitness           | SB  | Ruth      |         |
|            |    | 18.00 - 19.00 | Tauchkurs             | TB  | Marco     |         |
|            |    | 19.00 - 20.00 | Apnoe                 | LB  | Marco     |         |
| 26.09.2022 | Mo | 21.00 - 22.00 | Flossies              | LB  | Marion    | Kutte   |
|            |    | 21.00 - 22.00 | UWR                   | TB  | Christian |         |
|            |    | 21.00 - 22.00 | Apnoe                 | LB  | Marco     |         |
|            |    | 21.00 - 22.00 | ABC-Training für alle | LB  | Siegfried |         |
| 27.09.2022 | Di | 17.00 - 18.00 | Flossies              | LB  | Elke      | Steffen |
| 28.09.2022 | Mi | 19.30 - 21.00 | Flossies              | LB  | Evelyn    | Bernd   |
| 29.09.2022 | Do | 16.00 - 18.00 | Flossies              | LB  | Marion    | Kutte   |
|            |    | 21.00 - 22.00 | UWR                   | TB  | Christian |         |

LB            Langes Becken  
 TB            Tiefes Becken  
 SB            Lehrschwimmbecken (Keller)  
 FB            Freibad