



Trainingszeiten / Sporthallen (15.5.2023-31.10.2023)

KVG=KVG-Halle, SSH=Stadtsporthalle, SSHK=Stadtsporthalle Krafraum, MARI=Marianum, BBS=BBS Sporthalle, BBSK=BBS Krafraum, wgm=kl. WGM-Halle, HB=Hasebrink



	MONTAG				DIENSTAG			MITTWOCH				DONNERSTAG			FREITAG			SA/SO
	KVG	BBS	MARI	BBSK	KVG	SSH	SSHK	wgm	SSH	BBSK	KVG	KVG	SSH	HB	KVG	SSH	MARI	SSHK
15.00 - 15.30		mJE																Sa 10-11
15.30 - 16.00	mJD																	
16.00 - 16.30						wJE 1+2 ab 15.45	wJC3 wJD1		15.15- 16.30 mJE		FREI	mJB	wJF		MINIS	wJC 1+2		WIN- TER
16.30 - 17.00																		
17.00 - 17.30	mJA			FREI														
17.30 - 18.00						FREI 17.15- 18.45	wJD2 wJD3					wJD2+ 3	mJD	wJA2 17.00- 18.45	mJF 16.30- 18.00	mJA		mJB
18.00 - 18.30							frei											
18.30 - 19.00	ALTE HE		FREI (€€)															
19.00 - 19.30						wJA2 ab 18.45	wJA	mJA Kraft				wJB	wJA			wJB		
19.30 - 20.00																		
20.00 - 20.30	FREI		FREI (€€)															
20.30 - 21.00						FREI	HE						DA	FREI	FREI ab 20.15	DA		HE

21.00																		
-																		
21.30																		
21.30																		
-																		
22.00																		

freie Zeiten (Sporthallen und Krafträume):

Montag

KVG 20.00-21.30

MARI 18.00-19.30, 19.30-21.00 (für Winter gegen Bezahlung)

BBSK 17.00-18.00

Dienstag

KVG 17.15-18.45, 20.15-21.45

Mittwoch

BBSK 15.30-18.00

SSH 20.30-22.00

Donnerstag

KVG 20.00-21.30

SSH 20.15-21.45

Freitag

Samstag

SSHK 10.00-11.00

Sonntag

SSHK 11.00-12.00



Trainingszeiten / Sporthallen

Saison 2023/2024

Mannschaft	Trainer/MV	1.Termin	2.Termin
DAMEN ROL	Michael Wald	Mi 20.00-21.30 KVG	Fr 20.00-21.30 KVG
HERREN ROL	Sylvan Amegashie	Di 20.30-22.00 SSH	Fr 20.30-22.00 SSH
ALTE HERREN	Martin Böttcher	Mo 18.30-20.00 KVG	
wJA1 OL (2005-2006)	Jörg Strothmann	Di 18.30-20.30 SSH	Do 18.30-20.00 KVG
wJA2 LL Quali (2005-2006)	Jens Alves, Laura Ehlers, Luisa Pengemann	Di 18.30-20.00 KVG	Do 17.00-18.45 SSH
mJA LL Quali (2005-2006)	Jan-Malte Germing	MO 17.00-18.30 KVG (Di 19-20 SSHK)	Fr 17.00-18.30 KVG
wJB LL (2007-2008)	Kira Lübken, Lissy Beerling- Albert	Mi 18.30-20.00 KVG	Fr 18.30-20.00 KVG
mJB LL Quali (2007-2008)	Thomas Schmidt, Lars Efken, Martin Böttcher	Mi 15.30-17.00 KVG (Di 18-19 SSHK)	Fr 17.30-19.00 SSH
wJC1 LL (Quali) (2009-2010)	Jens Moorkamp, Marco Redenius-Heber, Jan-Malte Germing	Mi 16.00-17.30 SSH (evtl. 15.30)	Fr 15.30-17.00 KVG
wJC2 ROL? (2009-2010)	Jens Moorkamp, Marco Redenius-Heber, Jan-Malte Germing	Mi 16.00-17.30 SSH (evtl. 15.30)	Fr 15.30-17.00 KVG
wJC3 RL (2009-2010) mit D1	Heike Ruiter, Susanne Gärtner-Joska, Andrea Koopmann, Kathrin Moorkamp	Di 17.00-18.30 SSH	Do 15.30-17.00 SSH
mJC ROL (2009-2010)	Sylvan Amegashie	Mi 18.30-20.00 KVG	Fr 19.00-20.30 SSH
wJD1 ROL (2011-2012) mit C3	Heike Ruiter, Susanne Gärtner-Joska, Andrea Koopmann, Kathrin Moorkamp	Di 17.00-18.30 SSH	Do 15.30-17.00 SSH
wJD2 RL (2011-2012)	Sonja Wellen, Nadine von Hebel, Frank Bohle, Yvonne Heidemann	Di 16.00-17.00 SSH (evtl. 15.30)	Mi 17.00-18.30 KVG
wJD3 RK (2011-2012)	Sonja Wellen, Nadine von Hebel, Frank Bohle, Yvonne Heidemann	Di 16.00-17.00 SSH (evtl. 15.30)	Mi 17.00-18.30 KVG
mJD ROL (2011-2012)	Jan-Malte Germing, Martin Böttcher	Mo 15.30-17.00 KVG	Do 17.00-18.30 KVG
wJE 1 ROL (2013-2014)	Alexandra + Hanna Bohle	Di 15.30-17.00 KVG	Mi 17.30-19.00 SSH
wJE 2 RL (2013-2014)	Alexandra + Hanna Bohle	Di 15.30-17.00 KVG	Mi 17.30-19.00 SSH
mJE RL (2013-2014)	Sven Sutton, Martin Böttcher	Mo 15.00-16.30 BBS	Mi 15.30-17.00 KVG
wJF RL (2015-2016)	Alexandra + Hanna Bohle	Do 15.30-17.00 KVG	

mJF RL (2015/2016)	Hanna Bohle, Tim Wieczorek, Nick?	
MINIs (jünger 2016)	Kerstin Wieczorek, Carla und Frida Martens, Lilly Rollwage	Do 16.00-17.00 Hasebrink