

# Berlin Buffalos Trainingsplan

## Mommsenstadion

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
10:00:00						Laufschule	
10:15:00							
10:30:00							
10:45:00							
11:00:00						U8	
11:15:00							
11:30:00							
11:45:00							
12:00:00						U10	
12:15:00							
12:30:00							
12:45:00							
13:00:00						U13	
13:15:00							
13:30:00							
13:45:00							
14:00:00							
14:15:00							
14:30:00							
14:45:00							
15:00:00							
15:15:00							
15:30:00							
15:45:00							
16:00:00							
16:15:00	U8						
16:30:00							
16:45:00							
17:00:00							
17:15:00	U10						
17:30:00							
17:45:00							
18:00:00							
18:15:00							
18:30:00		U13					
18:45:00		+					
19:00:00		Torwart-Training					
19:15:00							
19:30:00		Lilli-Henoch-Halle					
19:45:00		(geteilte Halle)					
20:00:00				Bundesliga			
20:15:00	U16 + U19			Unitas			
20:30:00	&						
20:45:00	Herren-Regio			Lilli-Henoch-Halle			
21:00:00							
21:15:00							
21:30:00							
21:45:00							
22:00:00							

