Wochenplan TVM-Training: Sommer 2025

Tag	Montag					Tag	Dienstag					Tag	Mittwoch					Tag	Donnerstag					Tag	Freitag					Tag	Samstag					Tag	Sonntag				
Platz	1	2	3	4	5	Platz	1	2	3	4	5	Platz	1	2	3	4	5	Platz	1	2	3	4	5	Platz	1	2	3	4	5	Platz	1	2	3	4	5	Platz	1	2	3	4	5
08.00-08.30						08.00-08.30						08.00-08.30						08.00-08.30						08.00-08.30						08.00-08.30						08.00-08.30					
08.30-09.00						08.30-09.00						08.30-09.00						08.30-09.00						08.30-09.00						08.30-09.00						08.30-09.00					
09.00-09.30						09.00-09.30						09.00-09.30						09.00-09.30						09.00-09.30						09.00-09.30						09.00-09.30					
09.30-10.00						09.30-10.00						09.30-10.00						09.30-10.00						09.30-10.00						09.30-10.00						09.30-10.00					
10.00-10.30						10.00-10.30						10.00-10.30						10.00-10.30						10.00-10.30						10.00-10.30						10.00-10.30					
10.30-11.00	H 60	H 60				10.30-11.00						10.30-11.00						10.30-11.00	H 60	H 60				10.30-11.00						10.30-11.00						10.30-11.00					
11.00-11.30	H 60	H 60				11.00-11.30						11.00-11.30						11.00-11.30	H 60	H 60				11.00-11.30						11.00-11.30						11.00-11.30					
11.30-12.00	H 60	H 60				11.30-12.00						11.30-12.00						11.30-12.00	H 60	H 60				11.30-12.00						11.30-12.00						11.30-12.00					
12.00-12.30	H 60	H 60				12.00-12.30						12.00-12.30						12.00-12.30	H 60	H 60				12.00-12.30						12.00-12.30						12.00-12.30					
12.30-13.00						12.30-13.00						12.30-13.00						12.30-13.00						12.30-13.00						12.30-13.00						12.30-13.00					
13.00-13.30						13.00-13.30						13.00-13.30						13.00-13.30						13.00-13.30						13.00-13.30						13.00-13.30					
13.30-14.00						13.30-14.00						13.30-14.00						13.30-14.00						13.30-14.00						13.30-14.00						13.30-14.00					
14.00-14.30	FCSO	FCSO	FCSO	FCSO	FCSO	14.00-14.30						14.00-14.30						14.00-14.30						14.00-14.30						14.00-14.30						14.00-14.30					
14.30-15.00	FCSO	FCSO	FCSO	FCSO	FCSO	14.30-15.00						14.30-15.00						14.30-15.00						14.30-15.00						14.30-15.00						14.30-15.00					
15.00-15.30	Rainer 1	Rainer 1				15.00-15.30						15.00-15.30						15.00-15.30				Nils 1	Nils 1	15.00-15.30				Alex 1	Alex 1	15.00-15.30						15.00-15.30					
15.30-16.00	Rainer 1	Rainer 1				15.30-16.00						15.30-16.00						15.30-16.00				Nils 1	Nils 1	15.30-16.00				Alex 1	Alex 1	15.30-16.00						15.30-16.00					
16.00-16.30	Rainer 2	Rainer 2				16.00-16.30						16.00-16.30						16.00-16.30				Nils 2	Nils 2	16.00-16.30	D 30	D 30		Alex 1	Alex 1	16.00-16.30						16.00-16.30					
16.30-17.00	Rainer 2	Rainer 2				16.30-17.00						16.30-17.00						16.30-17.00				Nils 2	Nils 2	16.30-17.00	D 30	D 30		Alex 2	Alex 2	16.30-17.00						16.30-17.00					
17.00-17.30	Rainer 3	Rainer 3				17.00-17.30	D Hobby	D Hobby				17.00-17.30	H 30	H 30	H 40	H 40		17.00-17.30				Nils 3	Nils 3	17.00-17.30	D 30	D 30		Alex 2	Alex 2	17.00-17.30						17.00-17.30					
17.30-18.00	Rainer 3	Rainer 3				17.30-18.00	D Hobby	D Hobby				17.30-18.00	H 30	H 30	H 40	H 40		17.30-18.00	H 50	H 50		Nils 3	Nils 3	17.30-18.00	D 30	D 30		Alex 2	Alex 2	17.30-18.00						17.30-18.00					
18.00-18.30	Rainer 4	Rainer 4				18.00-18.30	D Hobby	D Hobby				18.00-18.30	H 30	H 30	H 40	H 40		18.00-18.30	H 50	H 50		Nils 4	Nils 4	18.00-18.30	D 30	D 30				18.00-18.30						18.00-18.30					
18.30-19.00	Rainer 4	Rainer 4				18.30-19.00	D Hobby	D Hobby				18.30-19.00	H 30	H 30	H 40	H 40		18.30-19.00	H 50	H 50		Nils 4	Nils 4	18.30-19.00						18.30-19.00						18.30-19.00					
19.00-19.30	Rainer 5	Rainer 5				19.00-19.30						19.00-19.30	H 30	H 30	H 40	H 40		19.00-19.30	H 50	H 50		Nils 5	Nils 5	19.00-19.30						19.00-19.30						19.00-19.30					
19.30-20.00	Rainer 5	Rainer 5				19.30-20.00						19.30-20.00	H 30	H 30	H 40	H 40		19.30-20.00	H 50	H 50		Nils 5	Nils 5	19.30-20.00						19.30-20.00						19.30-20.00					
20.00-20.30	Rainer 6	Rainer 6				20.00-20.30						20.00-20.30	H 30	H 30	H 40	H 40		20.00-20.30	H 50	H 50				20.00-20.30						20.00-20.30						20.00-20.30					
20.30-21.00	Rainer 6	Rainer 6				20.30-21.00						20.30-21.00	H 30	H 30	H 40	H 40		20.30-21.00	H 50	H 50				20.30-21.00						20.30-21.00						20.30-21.00					
21.00-21.30						21.00-21.30						21.00-21.30	H 30	H 30	H 40	H 40		21.00-21.30	H 50	H 50				21.00-21.30						21.00-21.30						21.00-21.30					
21.30-22.00						21.30-22.00						21.30-22.00						21.30-22.00						21.30-22.00						21.30-22.00						21.30-22.00					