

Trainingsplan Winter 2018 / 2019

Montag (lange Version*)

17:00 – 17:50 2. Sternli / 3. & 4. Sternli Express
 17:50 – 18:40 Interbronze
 18:40 – 20:00 Bronze – Intergold
 19:05 – 20:00 Feel free to Skate
 20:15 – 22:00 Team Unity (SYS)
 15.10 / 29.10 / 12.11 / 17.12 / 14.01 /
 28.01 / 11.02 / 25.02 / 11.03

Montag (kurze Version*)

18:15 – 19:05 3. Sternli Express /
 4. Sternli Express /
 Interbronze
 19:05 – 20:00 Bronze - Intergold
 Feel free to Skate

Dienstag

17:00 – 17:50 Beginner / 1. Sternli / 2. Sternli
 17:50 – 18:40 3. Sternli & 3. Sternli Express /
 4. Sternli & 4. Sternli Express / Interbronze
 18:40 – 19:45 Bronze – Intergold

Freitag

17:00 – 17:50 Beginner / 1. Sternli / 2. Sternli
 17:50 – 18:40 3. Sternli & 3. Sternli Express /
 4. Sternli & 4. Sternli Express /
 Interbronze
 18:40 – 19:45 Bronze – Intergold

Samstag

07:30 – 08:25 3. Sternli & 3. Sternli Express /
 4. Sternli & 4. Sternli Express /
 08:25 – 09:20 Interbronze
 09:20 – 10:15 Bronze – Intergold

