

## Trainingsplan 2025

| Uhrzeit/Platz | Dienstag            |   | Mittwoch  |   |                        | Donnerstag     |   |                        |   |   | Freitag | Samstag                                   |
|---------------|---------------------|---|-----------|---|------------------------|----------------|---|------------------------|---|---|---------|-------------------------------------------|
|               | 3                   | 4 | 3         | 4 | 5                      | 1              | 2 | 3                      | 4 | 5 | 5       | 5                                         |
| 09:00 - 10:00 |                     |   |           |   |                        |                |   |                        |   |   |         | Jugendtraining                            |
| 10:00 - 11:00 |                     |   |           |   |                        |                |   |                        |   |   |         |                                           |
| 11:00 - 12:00 |                     |   |           |   |                        |                |   |                        |   |   |         |                                           |
| 12:00 - 13:00 |                     |   |           |   |                        |                |   |                        |   |   |         | Individuelles<br>Training<br>Frank Zaiser |
| 13:00 - 14:00 |                     |   |           |   |                        |                |   |                        |   |   |         |                                           |
| 14:00 - 15:00 |                     |   |           |   |                        |                |   |                        |   |   |         |                                           |
| 15:00 - 16:00 |                     |   |           |   |                        |                |   |                        |   |   |         | Jugendtraining                            |
| 16:00 - 17:00 |                     |   | U18       |   |                        |                |   |                        |   |   |         |                                           |
| 17:00 - 18:00 |                     |   |           |   |                        |                |   |                        |   |   |         |                                           |
| 18:00 - 19:00 |                     |   | Herren    |   |                        | Freies Spielen |   | Schnupper-<br>training |   |   |         | Jugendtraining                            |
| 19:00 - 20:00 | Damen /<br>Damen 40 |   | Herren 40 |   | Gruppe<br>G. Friedrich |                |   |                        |   |   |         |                                           |
| 20:00 - 21:00 |                     |   |           |   |                        |                |   |                        |   |   |         |                                           |
| 21:00 - 22:00 |                     |   |           |   |                        |                |   |                        |   |   |         |                                           |

Stand: 24.04.2025

Den aktuellen Trainingsplan findet ihr auf unseren Internetseiten unter [www.tennisfreunde-nussdorf.de](http://www.tennisfreunde-nussdorf.de) unter dem Punkt "AKTUELLES/TERMINE"