

FCOP | Trainingsplan 2022/2023

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Version: 5.8.2022

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
Männer 1	19.00 – 20.30		19.00 – 20.30		19.00 – 20.30
Männer 2		19.00 – 20.30		19.00 – 20.30	
Senioren				19.00 – 20.30	
Junioren B	19.00 – 20.30		19.00 – 20.30		19.00 – 20.30
Junioren C1		19.00 – 20.30	19.00 – 20.30		19.00 – 20.30
Junioren C2		19.00 – 20.30	19.00 – 20.30		19.00 – 20.30
Junioren D1		19.00 – 20.30		19.00 – 20.30	17.30 – 19.00
Junioren D2	17.30 – 19.00				17.30 – 19.00
Junioren D3	17.30 – 19.00		17.30 – 19.00		
Junioren D4		17.30 – 19.00		17.30 – 19.00	
Junioren E1	17.30 – 19.00		17.30 – 19.00		17.30 – 19.00
Junioren E2		17.30 – 19.00		17.30 – 19.00	
Junioren E3			17.30 – 19.00		17.30 – 19.00
Junioren E4		17.30 – 19.00		17.30 – 19.00	
Junioren E5		17.30 – 19.00		17.30 – 19.00	
Junioren F1		17.30 – 19.00		17.30 – 19.00	
Junioren F2	17.30 – 19.00		17.30 – 19.00		
Junioren F3		17.30 – 19.00			
Frauen 1	19.00 – 20.30		19.00 – 20.30		19.00 – 20.30
Frauen 2			19.00 – 20.30		19.00 – 20.30
Juniorinnen C	17.30 – 19.00		17.30 – 19.00		17.30 – 19.00
Juniorinnen D			17.30 – 19.00		17.30 – 19.00
Juniorinnen E	17.30 – 19.00		17.30 – 19.00		