

# FC Frick Wintertrainingsplan 19/20

**Gilt ab 4. Nov 2019**

Vorstand FC Frick

Platz	Montag			Dienstag			Mittwoch			Donnerstag			Freitag			Samstag
	17.30-18.45	19.00-20.15	20.15-21.30	17.30-18.45	19.00-20.15	20.15-21.30	17.30-18.45	19.00-20.15	20.15-21.30	17.30-18.45	19.00-20.15	20.15-21.30	17.30-18.45	19.00-20.15	20.15-21.30	
<b>Kunstrasen A</b>	Da	1a	1a	Db/TW (D)	1b	1b	FF15	B	A	Dc	1a	1a	Da	A	Damen	
<b>Kunstrasen B</b>	Ed	Ca	B	Eb/Ec	1a	1a	Ea/TW C-B	Cb	3	Ca	1b	1b	TW (E)	30+/40+	3	
<b>Halle 58 Frick</b>	Dc 18:00-19:00	Cb 19:00-20:00		Da 17:00-18:45					30+ 20:30 - 22:15	Db 18:00-19:15	frei 19:15-20:30	frei 20:30-22:15	Ea 18.15-19:15	B 19.15-20:30	frei 20:30-22:15	G1 08:45 - 09:45 G2 10:00 - 11:00
<b>Bez- Halle Frick</b>																FL 08:30-11:00 Ed 11:00 -12:15 (Ed bis Dez)
<b>Sporthalle GO</b>							Ca 17:00-19:00 (Halle 3)			frei 17:00-18:30 (Halle 1)			FF15 17:00 - 19:00 (Halle 2)			
<b>MZH GO</b>																Eb 8:30 - 10:00 frei 10:15 - 11:30
<b>Halle Oeschgen</b>										Ec 17:30 -18:45						FM1 8.45-09:45 FM2 10:00-11:00 Ed 11:15 -12:30 (Ed ab Jan)
<b>Halle Hornussen</b>												??				