## Termine Wintertraining 2016/2017

|  | Oktober | November | Dezember | Januar | Februar | März | April |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| Montag | $10,17,24,31$, | $7,14,21,28$, | $5,12,19$, | $9,16,23,30$, | $6,16,20,27$, | $6,16,20,27$ | 3,24, |
| Donnerstag | $6,13,20,27$, | $3,10,17,24$, | $1,8,15,22$, | $12,19,26$, | $2,9,16,23$, | $9,16,23,30$ | 6,27, |
| Freitag | $7,14,21,28$, | $4,11,18,25$, | $2,9,16,23$, | $13,20,27$, | $3,10,17,24$, | $10,17,24,31$, | 7,14 |
| Samstag | $8,15,22,29$, | $5,12,19,26$, | $3,10,17$, | $7,14,21,28$, | $4,11,18,25$, | $4,11,18,24$, | 1,8, |

