

TRAININGSLAGER



Freitag, 23.09.2016



Damir		Renata	
16:00 - 17:30	Moritz - Hanna Florian - Jana	16:00 - 17:30	Noah - Emily Felix - Mara Nico - Chiara
17:30 - 19:00	Jürgen - Xandi Nico - Johanna	17:30 - 19:00	Martin - Laura Lukas - Christin Tobias - Sophie
19:00 - 20:30	Mich - Christina Christopher - Sara	19:00 - 20:30	Hendrik - Anna Laurin - Nici
20:30 - 22:00	Leon - Katrin Walter - Lisa	20:30 - 22:00	Hip Rock Girls

Samstag, 24.09.2016

Damir		Renata	
10:00 - 11:30	Walter - Lisa Nico - Johanna Tobias - Sophie	10:00 - 11:30	Felix - Mara Max - Valentina Moritz - Hanna
11:30 - 13:00	Mich - Christina Laurin - Nici	11:30 - 13:00	Florian - Jana Jürgen - Michelle Patrick - Vanessa
13:00 - 14:30	Thomas - Verena Lukas - Anja	13:00 - 14:30	Crazy Angels
14:30 - 15:00	Pause	14:30 - 15:00	Pause
15:00 - 16:30	Thomas - Verena Hendrik - Anna	15:00 - 16:30	Martin - Laura Lukas - Christin Nico - Chiara
16:30 - 18:00	Jürgen - Xandi Leon - Katrin	16:30 - 18:00	Velocity

15 Minuten vorher selbständig aufwärmen!