

TRAININGSLAGER



Freitag, 20.01.2017



Damir		Renata	
16:00 - 17:30	Jürgen - Xandi Hendrik - Anna Walter - Lisa	16:00 - 17:30	Martin - Laura Lukas - Christin Tobias - Lara Nico - Chiara
17:30 - 19:00	Jürgen - Michelle Patrick - Vanessa Jonas - Sophia	17:30 - 19:00	Felix - Mara Moritz - Hanna Florian - Emilia Philipp - Julia
19:00 - 20:30	Mich - Christina Laurin - Nici Thomas - Verena	19:00 - 20:30	Hip Rock Girls
20:30 - 22:00	Christopher - Sara Lukas - Anja	20:30 - 22:00	Jürgen - Xandi Laurain - Nici Roman - (Jana)

Samstag, 21.01.2017

Damir		Renata	
10:00 - 11:30	Felix - Mara Florian - Emilia Nico - Chiara	10:00 - 11:30	Hip Rock Girls
11:30 - 13:00	Mich - Christina Laurin - Nici	11:30 - 13:00	Crazy Angels
13:00 - 14:30	Hendrick - Anna Patrick - Vanessa	13:00 - 14:30	Jürgen - Michelle Martin - Laura
14:30 - 15:00	Pause	14:30 - 15:00	Pause
15:00 - 16:30		15:00 - 16:30	
16:30 - 18:00		16:30 - 18:00	

15 Minuten vorher selbständig aufwärmen!