

TRAININGSLAGER



Freitag, 10.03.2017



Damir		Renata	
16:00 - 17:30	Jürgen - Xandi Nico - Chiara	16:00 - 17:30	Moritz - Hanna Felix - Mara Tobias - Lara
17:30 - 19:00	Mich - Christina Jürgen - Michelle Patrick - Vanessa	17:30 - 19:00	Crazy Angels
19:00 - 20:30	Lukas - Anja Mich - Christina Roman - Jana	19:00 - 20:30	Hendrik - Anna Martin - Laura Jonas - Sophia
20:30 - 22:00	Walter - Lisa Thomas - Verena	20:30 - 22:00	Hip Rock Girls

Samstag, 11.03.2017

Damir		Renata	
10:00 - 11:30	Walter - Lisa Roman - Jana	10:00 - 11:30	Florian - Emilia Tobias - Lara Leon - Lina
11:30 - 13:00	Patrick - Vanessa Jürgen - Xandi	11:30 - 13:00	Crazy Angels
13:00 - 14:30	Felix - Mara Thomas - Verena	13:00 - 14:30	Hip Rock Girls
14:30 - 15:00	Pause	14:30 - 15:00	Pause
15:00 - 16:30	Jonas - Sophia Martin - Laura	15:00 - 16:30	Jürgen - Xandi Nico - Chiara
16:30 - 18:00		16:30 - 18:00	

15 Minuten vorher selbständig aufwärmen!