

Trainingszeiten 2019/2020

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag |
|----------------------|--------------------------|------------------------------------|------------------------------------|------------------------------------|---|--------------------------------|
| Team A | 18:00-20:00 | 06:00-07:00 18:00-20:00 | 13:30-15:00 18:45-20:15 Chur | 12:00-13:30 19:00-21:00 | 06:00-07:00 18:30-19:00 Dryland 19:00-21:00 | 09:00-10:00 Gym 10:00-12:00 |
| Team A2 | 17:00-18:30 Turnhalle OZ | 18:00-18:30 Dryland 18:30-20:00 | 13:30-15:00 | 18:00-19:00 19:00-19:30 Dryland | 06:00-07:00 18:00-19:00 19:00-19:30 Dryland | 11:00-12:00 Gym 12:00-14:00 |
| Team B | 17:00-18:30 Turnhalle OZ | 17:00-18:00 18:00-18:30 Dryland | 12:30-13:30 13:30-14:00 Dryland | 17:00-18:00 18:00-18:30 Dryland | 18:00-19:00 19:00-19:30 Dryland | 11:00-12:00 Gym 12:00-14:00 |
| Kidsliga Kids | 17:00-18:30 Turnhalle OZ | 16:00-17:00 | 12:30-13:30 13:30-14:00 Dryland | 16:00-17:00 | 16:00-17:00 17:00-17:30 Dryland | |
| Kids | 17:00-18:30 Turnhalle OZ | 16:00-17:00 | | 16:00-17:00 | 16:00-17:00 17:00-17:30 Dryland | |
| Barracudas | | | | 16:00-17:00 | | |
| Sharks | | 17:00-18:00 18:00-18:30 Dryland | | | 18:00-19:00 19:00-19:30 Dryland | |
| Masters | | 06:00-07:00 20:00-20:55 | 19:00-20:00 Freibad | 12:00-13:30 | 06:00-07:00 | |