

## Trainingszeiten: Saison 2024/2025

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
<b>Elite</b>	18:30-19:00 Dryland	06:00-07:00	13:30-15:00	12:00-13:30	06:00-07:00	09:00-10:00 Gym	7:30-9:00****
	19:00-21:00	17:30-18:00 Dryland	15:00-15:30 Dryland	18:30-19:00 Dryland	18:30-19:00 Dryland	10:00-12:00	
		18:00-20:00		19:00-21:00	19:00-21:00		
	18:45-20:15*		18:45-20:15**			17:00-19:00 ****	
<b>Team A</b>	18:30-19:00 Dryland	06:00-07:00	13:30-15:00	12:00-13:30	06:00-07:00	09:00-10:00 Gym	
	19:00-21:00	17:30-18:00 Dryland	15:00-15:30 Dryland	18:30-19:00 Dryland	18:30-19:00 Dryland	10:00-12:00	
		18:00-20:00		19:00-21:00	19:00-21:00		
	18:45-20:15*		18:45-20:15**				
<b>Junioren A</b>	17:30-19:00	18:00-18:30 Dryland	13:30-15:00	17:45-19:00	06:00-07:00	11:00-12:00 Gym	
	19:00-19:30 Dryland	18:30-20:00		19:00-19:30 Dryland	19:00-20:45***	12:00-14:00	
<b>Junioren B</b>	17:00-18:15 Turnhalle ?	16:45-18:00	12:30-13:30	17:45-19:00	06:00-07:00	11:00-12:00 Gym	
		18:00-18:30 Dryland	13:30-14:00 Dryland	19:00-19:30 Dryland	19:00-20:45***	12:00-14:00	
<b>Jugend</b>	17:00-18:15 Turnhalle ?	16:45-18:00	12:30-13:30	16:45-18:00	17:30-18:00 Dryland	12:00-13:30	
			13:30-14:00 Dryland	18:00-18:30 Dryland	18:00-19:00		
<b>Nachwuchs/ Kidsliga</b>		16:00-17:00	12:30-13:30	16:00-17:00	16:00-17:00		
			13:30-14:00 Dryland		17:00-17:30 Dryland		
<b>Kids</b>		16:00-17:00		16:00-17:00	16:00-17:00		
					17:00-17:30 Dryland		
<b>Barracuda</b>				16:00-17:00			
<b>Sharks</b>				16:45-18:00		12:00-13:30	
				18:00-18:30 Dryland			
<b>Fitness</b>			20:00-20:55				
<b>Masters</b>		06:00-07:00		12:00-13:30	06:00-07:00	06:00-07:30	
<b>Techniktraining</b>		20:00-20:55					
<b>Rookies I</b>		16:00-16:45				8:00-9:00	
		16:45-17:00 Dryland					
<b>Rookies II</b>					17:30-17:45 Dryland	8:00-9:00	
					17:45-18:30		

\* Training in Chur, sporadisch

\*\* Training in Balgach

\*\*\* Training in Balzers

\*\*\*\*sporadisch