

Trainingsplan FC Spreitenbach

Schönwetter 2017 / 2018



Mannschaften	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
1. Mannschaft	19:30 - 21: 00 MZ1	19:30 - 21: 00 MZ1		19:30 - 21:00 MZ1	
Senioren 40+			20:00 - 21:30 MZ2 Shoppi		
Senioren 50+	20:00 - 21:30 MZ2 Shoppi				
Juniorinnen B	18:00 - 19:30 MZ2 Shoppi		18:00 - 19:30 Ziegelei		
Juniorinnen 14	18:00 - 19:30 MZ2 Kiosk		18:30 - 20:00 Ziegelei		
Junioren A	19:30 - 21:00 MZ2 Shoppi	19:30 - 21:00 MZ2 Shoppi		19:30 - 21:00 MZ2 Shoppi	
Junioren B		19:30 - 20:00 MZ2 Kiosk		19:30 - 20:00 MZ2 Kiosk	
Junioren C		18:00 - 19:30 MZ2 Shoppi		18:00 - 19:30 MZ2 Shoppi	
Junioren Da	18:00 - 19:30 MZ1 Kiosk		18:00 - 19:30 Ziegelei		
Junioren Db		18:00 - 19:30 Ziegelei		18:00 - 19:30 MZ2 Kiosk	
Junioren Ea		18:00 - 19:30 MZ1 Shoppi		18:00 - 19:30 Ziegelei	
Junioren Eb	18:00 - 19:30 Ziegelei		18:00 - 19:30 MZ2 Shoppi		
Junioren Fa	18:00 - 19:30 Ziegelei		18:00 - 19:30 MZ1 Kiosk		
Junioren Fb		18:00 - 19:30 MZ2 Kiosk		18:00 - 19:30 Ziegelei	
Junioren Fc	18:00 - 19:30 Ziegelei		18:00 - 19:30 MZ2 Kiosk		
Junioren Fd		18:00 - 19:30 Ziegelei		18:00 - 19:30 MZ1 Kiosk	
Goali-Training	18:00 - 19:30 MZ1 Shoppi				