

Trainingsplan Sportanlage Rollsportstadion

SAISON 25/26

(Stand 04.08.25)

Montag	19/I	19/II	20/I	20/II	21/I	21/II	22/I	22/II
16.30 -17.00								
17.00 -17.30	1.F	2.G	Rugby Jugend		1.E	3.D	3.E	D-Juniorinnen
17.30 -18.00								
18.00 -18.30				Rugby Frauen	1.B	1.C	4.C	2.Frauen
18.30 -19.00		2.C						
19.00 -19.30								
19.30 -20.00	1.H	1.H	Rugby Herren		2.A	2.H	1.H	1.A
20.00 -20.30								
20.30 -21.00								

Dienstag	19/I	19/II	20/I	20/II	21/I	21/II	22/I	22/II
16.30 -17.00								
17.00 -17.30	2.E	4.F	American Football Jugend		2.D	E-Juniorinnen	3.F	4.D
17.30 -18.00								
18.00 -18.30					B-Juniorinnen	2.B	1.D	2.C
18.30 -19.00								
19.00 -19.30								
19.30 -20.00			American Football		SG Stern	1.Frauen	1.H	1.A
20.00 -20.30	1.H	1.H						
20.30 -21.00								
21.00 -21.30								
21.30 -22.00								

Ab 01.10.24, 17-18 Uhr Sportgarten Platz 1:

Mittwoch	19/I	19/II	20/I	20/II	21/I	21/II	22/I	22/II
16.30 -17.00								
17.00 -17.30	3.E	4.E	Rugby Kinder		1.E	3.C	C-Juniorinnen	1.F / 2.F
17.30 -18.00				Rugby Jugend				
18.00 -18.30					1.B	1.C	C-Juniorinnen	2.Frauen
18.30 -19.00			Tag-Rugby					
19.00 -19.30								
19.30 -20.00	Rotation Neustadt				2.A	2.H	3.H	Ü40 / Ü50
20.00 -20.30			Rugby Frauen	Rugby Herren				
20.30 -21.00								
21.00 -21.45								
21.45 -22.30								

Platz 23, 16:30 Uhr 1.G

Donnerstag	19/I	19/II	20/I	20/II	21/I	21/II	22/I	22/II
16.30 -17.00								
17.00 -17.30			American Football Jugend		2.E	4.F	3.D	4.D
17.30 -18.00								
18.00 -18.30					1.D	2.D	2.C	4.C
18.30 -19.00								
19.00 -19.30								
19.30 -20.00								
20.00 -20.30	1.H	Eltern	American Football		1.A	1.Frauen	1.H	1.H
20.30 -21.00								

Ab 01.10.2024, 19-20 Uhr Sportgarten Platz 2:

Freitag	19/I	19/II	20/I	20/II	21/I	21/II	22/I	22/II
16.30 -17.00								
17.00 -17.30	E-Juniorinnen	1.F			C-Juniorinnen	C-Juniorinnen	3.F / 4.E	D-Juniorinnen
17.30 -18.00								
18.00 -18.30	B-Juniorinnen				1.B	2.B	1.C	3.C
18.30 -19.00								
19.00 -19.30			Touch-Rugby		3.H	1. / 2.Frauen	1.A	1.H
19.30 -20.00								
20.00 -20.30								
20.30 -21.00								
21.00 -21.45								
21.45 -22.30								

Platz 23, 16:30 Uhr 3.G & 4.G