

<b>Montag</b>		Vormittag 1	Vormittag 2	Pause	Vormittag 3	Mittag 1	Mittag 2	Nachmittag 1	Nachmittag 2	Nachmittag 3	
		09.10-09.55	10.00-10.45	10.45-11.00	11.00-11.45	12.00-12.30	12.30-13.00	13.00-13.40	13.40-14.20	14.20-15.00	
KEW	Training 1										
KEW	Training 2										
HBS	Station 1 (Wurf)	C	wE1	Pause	mE	Pause	Pause	mD	wE2	wD	
HBS	Station 2 (Koordination)	mE	mD	Pause	wE1	Pause	Pause	wD	mD	wE2	
HBS	Station 3 (Körpertäuschung)	mD	wE2	Pause	wD	Pause	Pause	mE	C	wE1	(Video)
HBS	Außen	wD	C	Pause	wE2	Pause	Pause	wE1	mE	C	
HBS	Judo	wE1	mE	Pause	C	Pause	Pause	wE2	wD	mD	(Abrollen)
HBS	Kraft			Pause		Pause	Pause				
HBS	Kabine (Shirts, Teamname)	wE2	wD	Pause	mD	Pause	Pause	C	wE1	mE	(Shirts, Teamname)

<b>Dienstag</b>		Vormittag 1	Vormittag 2	Pause	Vormittag 3	Mittag 1	Mittag 2	Nachmittag 1	Nachmittag 2	Nachmittag 3	
		09.10-09.55	10.00-10.45	10.45-11.00	11.00-11.45	12.00-12.30	12.30-13.00	13.00-13.40	13.40-14.20	14.20-15.00	
KEW	Training 1	mD	mD	Pause	mD	Pause	Pause	C	C	C	
KEW	Training 2	mE	mE	Pause	mE	Pause	Pause	C	C	C	
HBS	Station 1 (Wurf)	wD	wE2	Pause	wE1	Pause	Pause	mE	mD	wE1	
HBS	Station 2 (Koordination)	C	wD	Pause	wE2	Pause	Pause	wE1	mE	wD	
HBS	Station 3 (Körpertäuschung)	wE1	C	Pause	C	Pause	Pause	wD	wE2	mD	(Video)
HBS	Außen			Pause		Pause	Pause				
HBS	Judo	wE2	wE1	Pause	wD	Pause	Pause	wE2	wE1	mE	(Abrollen)
HBS	Kraft			Pause		Pause	Pause				
HBS	Kabine			Pause		Pause	Pause	mD	wD	wE2	(Plakate)

<b>Mittwoch</b>		Vormittag 1	Vormittag 2	Pause	Vormittag 3	Mittag 1	Mittag 2	Nachmittag 1	Nachmittag 2	Nachmittag 3	
		09.10-09.55	10.00-10.45	10.45-11.00	11.00-11.45	12.00-12.30	12.30-13.00	13.00-13.40	13.40-14.20	14.20-15.00	
KEW	Training 1	wE1	wE1	Pause	wE1	Pause	Pause	C	C	C	
KEW	Training 2	wD	wD	Pause	wD	Pause	Pause	C	C	C	
HBS	Station 1 (Lauftäuschung)	wE2	mE	Pause	mD	Pause	Pause	mE	mD	wE2	
HBS	Station 2 (Trampolin)	mD	C	Pause	wE2	Pause	Pause	wE1	mE	wD	
HBS	Station 3 (Abwehr)	C	wE2	Pause	mE	Pause	Pause	wD	wE2	mD	(Leistungstests)
HBS	Außen			Pause		Pause	Pause				
HBS	Judo	mE	mD	Pause	C	Pause	Pause	wE2	wE1	mE	(Stabi)
HBS	Kraft (Videoanalyse)			Pause		Pause	Pause	mD	wD	wE1	(Videoanalyse)
HBS	Kabine			Pause		Pause	Pause				

<b>Donnerstag</b>		Vormittag 1	Vormittag 2	Pause	Vormittag 3	Mittag 1	Mittag 2	Nachmittag 1	Nachmittag 2	Nachmittag 3	
		09.10-09.55	10.00-10.45	10.45-11.00	11.00-11.45	12.00-12.30	12.30-13.00	13.00-13.40	13.40-14.20	14.20-15.00	
KEW	Training 1	wD	wD	Pause	wD	Pause	Pause				
KEW	Training 2	mD	mD	Pause	mD	Pause	Pause				
HBS	Station 1	C	wE2	Pause	wE1	Pause	Pause	Event  Plakate			
HBS	Station 2 (Trampolin)	wE2	wE1	Pause	mE	Pause	Pause				
HBS	Station 3 (Leistungstests)	wE1	mE	Pause	C	Pause	Pause				
HBS	Außen			Pause		Pause	Pause				
HBS	Judoraum			Pause		Pause	Pause				
HBS	Kraft (Videoanalyse)	mE	C	Pause	wE2	Pause	Pause				
HBS	Kabine			Pause		Pause	Pause				