

# Trainingsplan NSG AUE

		Montag				Dienstag				Mittwoch				Donnerstag				Freitag				
14:00 - 14:15	E	Z	M		14:00 - 14:15	Z	C	M		14:00 - 14:15	E	Z	L		14:00 - 14:15	E	Z	M		14:00 - 14:15	Z	
14:15 - 14:30	R	E	A		14:15 - 14:30	E	L	A		14:15 - 14:30	R	E			14:15 - 14:30	R	E			14:15 - 14:30	E	
14:30 - 14:45	Z	L	A		14:30 - 14:45	L	E	A		14:30 - 14:45	Z	L	L		14:30 - 14:45	Z	L	A		14:30 - 14:45	L	EJ II
14:45 - 15:00	G	L	A		14:45 - 15:00	L	E	A		14:45 - 15:00	G	L	O		14:45 - 15:00	G	L	A		14:45 - 15:00	L	
15:00 - 15:15	E	L	A		15:00 - 15:15	E	E	A		15:00 - 15:15	E	L	S		15:00 - 15:15	E	L	A		15:00 - 15:15	E	
15:15 - 15:30	B	L	A		15:15 - 15:30	R	N	A		15:15 - 15:30	B	L	N		15:15 - 15:30	B	L	A		15:15 - 15:30	R	
15:30 - 15:45	I	R	A		15:30 - 15:45	R	S	A		15:30 - 15:45	I	R	I		15:30 - 15:45	I	R	A		15:30 - 15:45	R	
15:45 - 16:00	R	CJ	M		15:45 - 16:00	H	W	M		15:45 - 16:00	R	H	EJ I		15:45 - 16:00	R	H	M		15:45 - 16:00	H	EJ I
16:00 - 16:15	G	A	Ü		16:00 - 16:15	A	I	Ü		16:00 - 16:15	G	A	A		16:00 - 16:15	G	A	Ü		16:00 - 16:15	A	
16:15 - 16:30	S	L	L		16:15 - 16:30	L	N	L		16:15 - 16:30	S	L	N		16:15 - 16:30	S	L	L		16:15 - 16:30	L	
16:30 - 16:45	H	L	L		16:30 - 16:45	L	K	L		16:30 - 16:45	H	L	E		16:30 - 16:45	H	L	L		16:30 - 16:45	L	
16:45 - 17:00	A	EJ II	D II		16:45 - 17:00	E	L	L		16:45 - 17:00	A	E	A		16:45 - 17:00	A	E	L		16:45 - 17:00	E	
17:00 - 17:15	L	DJ 1			17:00 - 17:15	L	CJ			17:00 - 17:15	L	L			17:00 - 17:15	L	L			17:00 - 17:15	L	CJ DJ I
17:15 - 17:30	L				17:15 - 17:30	L				17:15 - 17:30	L		BJ II		17:15 - 17:30	L				17:15 - 17:30	L	im 14 Tage-Wechsel
17:30 - 17:45	E				17:30 - 17:45	L				17:30 - 17:45	E				17:30 - 17:45	E	CJ	BJ		17:30 - 17:45	E	
17:45 - 18:00					17:45 - 18:00					17:45 - 18:00					17:45 - 18:00					17:45 - 18:00		
18:00 - 18:15			BJ		18:00 - 18:15					18:00 - 18:15					18:00 - 18:15					18:00 - 18:15		
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18:45 - 19:00					18:45 - 19:00					18:45 - 19:00					18:45 - 19:00					18:45 - 19:00		
19:00 - 19:15					19:00 - 19:15					19:00 - 19:15					19:00 - 19:15					19:00 - 19:15		
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19:45 - 20:00					19:45 - 20:00					19:45 - 20:00					19:45 - 20:00					19:45 - 20:00		
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20:45 - 21:00					20:45 - 21:00					20:45 - 21:00					20:45 - 21:00					20:45 - 21:00		
21:00 - 21:15					21:00 - 21:15		BJ II			21:00 - 21:15			wBJ		21:00 - 21:15					21:00 - 21:15		
21:15 - 21:30					21:15 - 21:30					21:15 - 21:30					21:15 - 21:30					21:15 - 21:30		
21:30 - 21:45					21:30 - 21:45		Frauen			21:30 - 21:45					21:30 - 21:45					21:30 - 21:45		