Trainingsplan außerhalb Ferien Nebensaison **# 24.09.-30.10.2016 & 13.02.-01.04.2017**

Montag

Uhrzeit	Arena 1	TEH	Eisfläche 3
06:45 - 07:00			
07:00 - 07:15			
07:15 - 07:30			
07:30 - 07:45			
07:45 - 08:00			
08:00 - 08:15		8.00-12.15 Schule	
08:15 - 08:30			
08:30 - 08:45			
08:45 - 09:00			
09:00 - 09:15			
09:15 - 09:30			
09:30 - 09:45			
09:45 - 10:00			
10:00 - 10:15			
10:15 - 10:30			
10:30 - 10:45			
10:45 - 11:00			
11:00 - 11:15			
11:15 - 11:30			
11:30 - 11:45			
11:45 - 12:00			
12:00 - 12:15			
12:15 - 12:30			
12:30 - 12:45		12.30-14.30 Senioren lauf	
12:45 - 13:00			
13:00 - 13:15			
13:15 - 13:30			
13:30 - 13:45			
13:45 - 14:00	13.45-17.30 ECN TSV1846		14.00-17.00 Eisstock Rentner
14:00 - 14:15			
14:15 - 14:30			
14:30 - 14:45		14.45-16.15 Schule	
14:45 - 15:00			
15:00 - 15:15			
15:15 - 15:30			
15:30 - 15:45			
15:45 - 16:00			
16:00 - 16:15		16.30 - 18.00 Anf & U8	
16:15 - 16:30			
16:30 - 16:45			
16:45 - 17:00			
17:00 - 17:15			
17:15 - 17:30			17.15-18.45 Hobby
17:30 - 17:45			
17:45 - 18:00	17.45-19.30		
18:00 - 18:15			
18:15 - 18:30			
18:30 - 18:45	U14&U16	18.15-19.45 BEV / FCN Ladys	
18:45 - 19:00			
19:00 - 19:15			
19:15 - 19:30			
19:30 - 19:45			19.00-20.30 Hobby
19:45 - 20:00			
20:00 - 20:15			
20:15 - 20:30	19.45-21.45 ECN Formation	20.00-21.30 FCN Eishockey	
20:30 - 20:45			
20:45 - 21:00			20.45-22.00 Incetive-Events Reserve
21:00 - 21:15			
21:15 - 21:30			
21:30 - 21:45			
21:45 - 22:00			
22:00 - 22:15			
22:15 - 22:30	22.00-23.15 Hobby	21.45-23.00 Hobby	22.15-23.30 Hobby
22:30 - 22:45			
22:45 - 23:00			

Dienstag

Uhrzeit	Arena	TEH	Eisfläche 3
06:45 - 07:00			
07:00 - 07:15			
07:15 - 07:30			
07:30 - 07:45		7.30 - 8.45 BBS U14 & U16	
07:45 - 08:00			
08:00 - 08:15			
08:15 - 08:30			
08:30 - 08:45			
08:45 - 09:00			
09:00 - 09:15			
09:15 - 09:30			
09:30 - 09:45			
09:45 - 10:00			
10:00 - 10:15	10.00 - 12.00 TSIT	9.00-13.00 Schule	
10:15 - 10:30			
10:30 - 10:45			
10:45 - 11:00			
11:00 - 11:15			
11:15 - 11:30			
11:30 - 11:45			
11:45 - 12:00			
12:00 - 12:15			
12:15 - 12:30			
12:30 - 12:45			
12:45 - 13:00			
13:00 - 13:15			
13:15 - 13:30			
13:30 - 13:45		13.15-17.00 ECN	
13:45 - 14:00			
14:00 - 14:15			14.00-15.00 Hobby
14:15 - 14:30			
14:30 - 14:45	14.30-16.00 TSV 1846		
14:45 - 15:00			
15:00 - 15:15			15.15-16.15 skills
15:15 - 15:30			
15:30 - 15:45			
15:45 - 16:00			
16:00 - 16:15	16.15-17.30 TSIT		
16:15 - 16:30			
16:30 - 16:45			
16:45 - 17:00			
17:00 - 17:15			17.00 - 18.15 TW
17:15 - 17:30		17.15 - 18.30 U10	
17:30 - 17:45			
17:45 - 18:00	17.45 - 18.45 U12		
18:00 - 18:15			
18:15 - 18:30			
18:30 - 18:45		18.45 - 19.45 U14	18.30-20.15 Hobby
18:45 - 19:00	19.00-20.30 FCN Schnelllauf		
19:00 - 19:15			
19:15 - 19:30			
19:30 - 19:45		20.00 - 21.15 U19	
19:45 - 20:00			
20:00 - 20:15			
20:15 - 20:30			20.30-21.45 Hobby
20:30 - 20:45	20.45-22.00 Landesliga		
20:45 - 21:00			
21:00 - 21:15			
21:15 - 21:30		21.30-23.00 Hobby	
21:30 - 21:45			
21:45 - 22:00			
22:00 - 22:15			
22:15 - 22:30	22.15-23.30 Hobby		22.00-23.15 Hobby
22:30 - 22:45			
22:45 - 23:00			

Mittwoch

Uhrzeit	Arena	TEH	Eisfläche 3
06:45 - 07:00			
07:00 - 07:15			
07:15 - 07:30			
07:30 - 07:45	7.30 - 8.45 BBS U14 & U16		
07:45 - 08:00			
08:00 - 08:15		8.00-10.00 Schule	
08:15 - 08:30			
08:30 - 08:45			
08:45 - 09:00			
09:00 - 09:15			
09:15 - 09:30			
09:30 - 09:45			
09:45 - 10:00			
10:00 - 10:15	10.00 - 12.00 TSIT		
10:15 - 10:30			
10:30 - 10:45			
10:45 - 11:00			
11:00 - 11:15			
11:15 - 11:30			
11:30 - 11:45			
11:45 - 12:00			
12:00 - 12:15			
12:15 - 12:30			
12:30 - 12:45			
12:45 - 13:00			
13:00 - 13:15			
13:15 - 13:30			
13:30 - 13:45		10.00-18.00 öff.Lauf	
13:45 - 14:00	13.30-15.30 TSV 1846 ECN		
14:00 - 14:15			
14:15 - 14:30			
14:30 - 14:45			
14:45 - 15:00			
15:00 - 15:15			15.30-16.30 ECN
15:15 - 15:30	15.45 - 16.45 U10		
15:30 - 15:45			
15:45 - 16:00			16.45 - 17.45 U12
16:00 - 16:15			
16:15 - 16:30	17.00-18.30 ECN		
16:30 - 16:45			
16:45 - 17:00			
17:00 - 17:15			
17:15 - 17:30		18.15 - 19.45 U16	
17:30 - 17:45			18.00-20.00 öff.Lauf
17:45 - 18:00	18.45-20.30 ECN		
18:00 - 18:15			
18:15 - 18:30			
18:30 - 18:45		20.00-21.00 öff.Lauf	
18:45 - 19:00			
19:00 - 19:15			
19:15 - 19:30	20.45 - 21.45 Landesliga & U19		
19:30 - 19:45			
19:45 - 20:00			
20:00 - 20:15		21.15-22.45 Hobby	
20:15 - 20:30			
20:30 - 20:45			
20:45 - 21:00			
21:00 - 21:15			
21:15 - 21:30			
21:30 - 21:45			
21:45 - 22:00			
22:00 - 22:15	22.00-23.15 Hobby		22.00-24.00 Hobby
22:15 - 22:30			
22:30 - 22:45			
22:45 - 23:00			

Donnerstag

Uhrzeit	Arena	TEH	Eisfläche 3
06:45 - 07:00			
07:00 - 07:15			
07:15 - 07:30			
07:30 - 07:45		7.30 - 8.45 BBS U14 & U16	
07:45 - 08:00			
08:00 - 08:15			
08:15 - 08:30			
08:30 - 08:45			
08:45 - 09:00			
09:00 - 09:15			
09:15 - 09:30			
09:30 - 09:45			
09:45 - 10:00			
10:00 - 10:15	10.00 - 12.00 TSIT		
10:15 - 10:30			
10:30 - 10:45			
10:45 - 11:00			
11:00 - 11:15			
11:15 - 11:30			
11:30 - 11:45			
11:45 - 12:00			
12:00 - 12:15			
12:15 - 12:30			
12:30 - 12:45		10.00-16.00 öff.Lauf	
12:45 - 13:00			
13:00 - 13:15			
13:15 - 13:30			
13:30 - 13:45			
13:45 - 14:00	13.30-17.00 ECN		
14:00 - 14:15			
14:15 - 14:30			
14:30 - 14:45			
14:45 - 15:00			
15:00 - 15:15			
15:15 - 15:30			15.45-16.45 Hobby
15:30 - 15:45		16.15 - 17.15 U10	
15:45 - 16:00			
16:00 - 16:15			
16:15 - 16:30	17.15-18.15 U12		17.00-18.15 ECN
16:30 - 16:45		17.30 - 18.30 Anf & U8	
16:45 - 17:00			
17:00 - 17:15	18.15 - 19.00 U14		
17:15 - 17:30		18.45 - 19.45 U16	18.30-20.00 Hobby
17:30 - 17:45	19.15 - 20.15 U19		
17:45 - 18:00			
18:00 - 18:15			
18:15 - 18:30		20.00 - 21.00 Landesliga	
18:30 - 18:45			
18:45 - 19:00			20.15-22.15 Eisstock
19:00 - 19:15	20.30-22.30 Hobby		
19:15 - 19:30			
19:30 - 19:45			
19:45 - 20:00		21.15-22.45 Hobby	
20:00 - 20:15			
20:15 - 20:30			
20:30 - 20:45			
20:45 - 21:00			
21:00 - 21:15			
21:15 - 21:30			
21:30 - 21:45			
21:45 - 22:00			
22:00 - 22:15			
22:15 - 22:30			
22:30 - 22:45			
22:45 - 23:00			

Freitag TSIT Heimspiel

Uhrzeit	Arena	TEH	Eisfläche 3
06:45 - 07:00			
07:00 - 07:15			
07:15 - 07:30			
07:30 - 07:45			
07:45 - 08:00			
08:00 - 08:15			
08:15 - 08:30			
08:30 - 08:45			
08:45 - 09:00			
09:00 - 09:15	9.00-10.15 TSIT		
09:15 - 09:30			
09:30 - 09:45			
09:45 - 10:00			
10:00 - 10:15			
10:15 - 10:30			
10:30 - 10:45			
10:45 - 11:00			
11:00 - 11:15			
11:15 - 11:30			
11:30 - 11:45			
11:45 - 12:00			
12:00 - 12:15			
12:15 - 12:30			
12:30 - 12:45			
12:45 - 13:00			
13:00 - 13:15			
13:15 - 13:30			
13:30 - 13:45			
13:45 - 14:00	13.30-15.30 ECN		
14:00 - 14:15			
14:15 - 14:30			
14:30 - 14:45			14.15-15.15 TSV 1846
14:45 - 15:00			
15:00 - 15:15			
15:15 - 15:30			
15:30 - 15:45	15.45-16.45 Anf & U8		15.30-17.00 ECN
15:45 - 16:00			
16:00 - 16:15	16.45 - 17.45 U12&U14		
16:15 - 16:30			
16:30 - 16:45			
16:45 - 17:00			
17:00 - 17:15			
17:15 - 17:30			17.15 - 18.15 U16
17:30 - 17:45			
17:45 - 18:00			
18:00 - 18:15			
18:15 - 18:30			
18:30 - 18:45			18.30-20.00 Hobby
18:45 - 19:00	18.45-22.30 TSIT		
19:00 - 19:15			
19:15 - 19:30			
19:30 - 19:45			
19:45 - 20:00			
20:00 - 20:15			20.15-21.45 Hobby
20:15 - 20:30			
20:30 - 20:45			
20:45 - 21:00			
21:00 - 21:15			
21:15 - 21:30			
21:30 - 21:45			
21:45 - 22:00			
22:00 - 22:15			
22:15 - 22:30			22.00-23.15 Hobby
22:30 - 22:45			
22:45 - 23:00			

Freitag TSIT Auswärtsspiel

Uhrzeit	Arena	TEH	Eisfläche 3
06:45 - 07:00			
07:00 - 07:15			
07:15 - 07:30			
07:30 - 07:45			
07:45 - 08:00			
08:00 - 08:15			
08:15 - 08:30			
08:30 - 08:45			
08:45 - 09:00			
09:00 - 09:15			
09:15 - 09:30			
09:30 - 09:45			
09:45 - 10:00			
10:00 - 10:15	10.00 - 12.00 TSIT		
10:15 - 10:30			
10:30 - 10:45			
10:45 - 11:00			
11:00 - 11:15			
11:15 - 11:30			
11:30 - 11:45			
11:45 - 12:00			
12:00 - 12:15			
12:15 - 12:30			
12:30 - 12:45			
12:45 - 13:00			
13:00 - 13:15			
13:15 - 13:30			
13:30 - 13:45			
13:45 - 14:00	13.30-17.00 ECN	10.00-21.00 öff.Lauf	
14:00 - 14:15			
14:15 - 14:30			
14:30 - 14:45			14.15-15.15 TSV 1846
14:45 - 15:00			
15:00 - 15:15			
15:15 - 15:30			
15:30 - 15:45			15.30-17.00 ECN
15:45 - 16:00			
16:00 - 16:15			
16:15 - 16:30	17.15-18.15 U12&U14		
16:30 - 16:45			
16:45 - 17:00			
17:00 - 17:15			17.15 - 18.15 TW
17:15 - 17:30			
17:30 - 17:45			
17:45 - 18:00			
18:00 - 18:15			
18:15 - 18:30			
18:30 - 18:45			18.30-20.00 Hobby
18:45 - 19:00	18.15 - 19.15 U16		
19:00 - 19:15			
19:15 - 19:30			
19:30 - 19:45			
19:45 - 20:00			
20:00 - 20:15			20.15-21.45 Hobby
20:15 - 20:30			
20:30 - 20:45			
20:45 - 21:00	19.30-22.30 EHC Spiel		
21:00 - 21:15			
21:15 - 21:30			
21:30 - 21:45			
21:45 - 22:00			
22:00 - 22:15			
22:15 - 22:30			22.00-23.15 Hobby
22:30 - 22:45			
22:45 - 23:00			

Samstag

Uhrzeit	Arena	TEH	Eisfläche 3
06:45 - 07:00			
07:00 - 07:15			
07:15 - 07:30			
07:30 - 07:45			
07:45 - 08:00			
08:00 - 08:15			
08:15 - 08:30			
08:30 - 08:45		7.15-10.15 ECN	
08:45 - 09:00	8.45 - 9.45 Anf & U8		
09:00 - 09:15			
09:15 - 09:30			9.30-10.15 ECN
09:30 - 09:45			
09:45 - 10:00			
10:00 - 10:15	10.00 - 12.00 TSIT		
10:15 - 10:30		10.30 - 11.30	
10:30 - 10:45			
10:45 - 11:00			11.15-12.15 Hobby
11:00 - 11:15			
11:15 - 11:30			
11:30 - 11:45			
11:45 - 12:00			
12:00 - 12:15	12.15-14.00 FCN Eishockey		
12:15 - 12:30			
12:30 - 12:45		11.45-14.45 EHC Spiel	
12:45 - 13:00			12.30-14.30 Hobby
13:00 - 13:15			
13:15 - 13:30			
13:30 - 13:45			
13:45 - 14:00	14.15-17.15 EHC Spiel		
14:00 - 14:15			
14:15 - 14:30			
14:30 - 14:45			
14:45 - 15:00			
15:00 - 15:15			
15:15 - 15:30		15.00-18.00 Familien disco	15.00-17.45 Familien disco
15:30 - 15:45			
15:45 - 16:00			
16:00 - 16:15			
16:15 - 16:30			
16:30 - 16:45			
16:45 - 17:00			
17:00 - 17:15			
17:15 - 17:30			
17:30 - 17:45			
17:45 - 18:00			
18:00 - 18:15	17.30-19.00 Hobby		
18:15 - 18:30			
18:30 - 18:45			
18:45 - 19:00		18.15-19.45 Hobby	
19:00 - 19:15			
19:15 - 19:30			
19:30 - 19:45			
19:45 - 20:00			
20:00 - 20:15			
20:15 - 20:30	19.15-22.15 EHC Spiel		
20:30 - 20:45			
20:45 - 21:00			
21:00 - 21:15			
21:15 - 21:30		20.00-24.00 Eisdisco	20.15-23.00 Eisdisco
21:30 - 21:45			
21:45 - 22:00			
22:00 - 22:15			
22:15 - 22:30			
22:30 - 22:45			
22:45 - 23:00			

Sonntag TSIT Heimspiel

Uhrzeit	Arena	TEH	Eisfläche 3
06:45 - 07:00			
07:00 - 07:15			
07:15 - 07:30			
07:30 - 07:45			
07:45 - 08:00			
08:00 - 08:15			
08:15 - 08:30			
08:30 - 08:45	8.15-9.15 Hobby		
08:45 - 09:00		8.45-9.45 Hobby	8.30-10.00 Hobby
09:00 - 09:15			
09:15 - 09:30	9.30-10.15 TSIT		
09:30 - 09:45			
09:45 - 10:00			
10:00 - 10:15			
10:15 - 10:30			
10:30 - 10:45	10.30-13.30 EHC Spiel		
10:45 - 11:00			10.15-11.45 Hobby
11:00 - 11:15			
11:15 - 11:30			
11:30 - 11:45			
11:45 - 12:00			
12:00 - 12:15			12.00-13.30 Hobby
12:15 - 12:30			
12:30 - 12:45			
12:45 - 13:00			
13:00 - 13:15			
13:15 - 13:30			
13:30 - 13:45			
13:45 - 14:00	13.45-14.45 Hobby	10.00-18.00 öff.Lauf	
14:00 - 14:15			
14:15 - 14:30			
14:30 - 14:45			
14:45 - 15:00			
15:00 - 15:15			
15:15 - 15:30			
15:30 - 15:45			
15:45 - 16:00			
16:00 - 16:15	15.45-19.30 TSIT		
16:15 - 16:30			
16:30 - 16:45			
16:45 - 17:00			
17:00 - 17:15			
17:15 - 17:30			
17:30 - 17:45			
17:45 - 18:00			
18:00 - 18:15			
18:15 - 18:30			
18:30 - 18:45		18.15-19.45 Hobby	
18:45 - 19:00			18.45-20.00 Hobby
19:00 - 19:15			
19:15 - 19:30			
19:30 - 19:45			
19:45 - 20:00			
20:00 - 20:15	19.45-21.15 Hobby		
20:15 - 20:30		20.00-21.30 Hobby	20.15-21.30 Hobby
20:30 - 20:45			
20:45 - 21:00			
21:00 - 21:15			
21:15 - 21:30			
21:30 - 21:45	21.30-22.45 Hobby		
21:45 - 22:00		21.45-23.15 Hobby	22.00-23.00 Hobby
22:00 - 22:15			
22:15 - 22:30			
22:30 - 22:45			
22:45 - 23:00			

Sonntag TSIT Auswärtsspiel

Uhrzeit	Arena	TEH	Eisfläche 3
06:45 - 07:00			
07:00 - 07:15			
07:15 - 07:30			
07:30 - 07:45			
07:45 - 08:00			
08:00 - 08:15			
08:15 - 08:30			
08:30 - 08:45	8.30-9.30 Hobby		
08:45 - 09:00		8.45-9.45 Hobby	8.30-10.00 Hobby
09:00 - 09:15			
09:15 - 09:30			
09:30 - 09:45			
09:45 - 10:00			
10:00 - 10:15	9.45-11.15 TSV 1846		
10:15 - 10:30			
10:30 - 10:45			10.15-11.45 Hobby
10:45 - 11:00			
11:00 - 11:15			
11:15 - 11:30			
11:30 - 11:45			
11:45 - 12:00	11.30-14.30 EHC Spiel		
12:00 - 12:15			
12:15 - 12:30			12.00-13.30 Hobby
12:30 - 12:45			
12:45 - 13:00			
13:00 - 13:15			
13:15 - 13:30			
13:30 - 13:45			
13:45 - 14:00		10.00-18.00 öff.Lauf	
14:00 - 14:15			
14:15 - 14:30			
14:30 - 14:45			
14:45 - 15:00	14.45-17.45 EHC Spiel		
15:00 - 15:15			
15:15 - 15:30			
15:30 - 15:45			
15:45 - 16:00			
16:00 - 16:15			
16:15 - 16:30			
16:30 - 16:45			
16:45 - 17:00			
17:00 - 17:15			
17:15 - 17:30			
17:30 - 17:45			
17:45 - 18:00			
18:00 - 18:15	18.00-21.00 EHC Spiel		
18:15 - 18:30			
18:30 - 18:45			
18:45 - 19:00		18.15-19.45 Hobby	
19:00 - 19:15			18.45-20.00 Hobby
19:15 - 19:30			
19:30 - 19:45			
19:45 - 20:00			
20:00 - 20:15			
20:15 - 20:30		20.00-21.30 Hobby	20.15-21.30 Hobby
20:30 - 20:45			
20:45 - 21:00			
21:00 - 21:15			
21:15 - 21:30	21.15-22.30 Hobby		
21:30 - 21:45			
21:45 - 22:00		21.45-23.15 Hobby	22.00-23.00 Hobby
22:00 - 22:15			
22:15 - 22:30			
22:30 - 22:45			
22:45 - 23:00			