

TCH Trainingsplan

Okt 26

Datum		Uhrzeit	Zielgruppe	Wo?	Trainer			
01.10.2026	Do	16.00 - 18.00	Flossies		Kein Training			
		21.00 - 22.00	UWR	TB	Nico	Danny		
03.10.2026	Sa	18.00 - 20.00		Kein Training				
		19.00 - 20.00						
		18.00 - 20.00						
		18.00 - 19.00						
		18.00 - 19.00						
		18.00 - 20.00						
05.10.2026	Mo	21.00 - 22.00	Flossies	LB	Marion	Kutte		
		21.00 - 22.00	UWR	TB	Nico	Danny		
		21.00 - 22.00	Apnoe	LB	Marco	Karen		
		21.00 - 22.00	ABC-Training für alle	LB	Siegfried	Denis		
06.10.2026	Di	17.00 - 18.00	Flossies	LB	Beeke	Annika		
07.10.2026	Mi	19.30 - 21.00	Flossies	LB	Annika	Bernd		
		19.30 - 21.00	Apnoe	LB	Marco	Dirk		
08.10.2026	Do	17.00 - 19.00	Flossies	FB	Marion	Kutte		
		21.00 - 22.00	UWR	TB	Nico	Danny		
10.10.2026	Sa	18.00 - 20.00	Flossies	LB	Marion	Kutte		
		19.00 - 20.00	UWR	TB	Nico	Danny		
		18.00 - 20.00	ABC-Training	LB	Siegfried	Denis		
		18.00 - 19.00	Aquafitness	SB	Ruth			
		18.00 - 19.00	Tauchkurs	TB	Claudia	Stefan		
		18.00 - 20.00	Apnoe	LB	Marco	Jessika		
12.10.2026	Mo	21.00 - 22.00	Flossies	LB	Marion	Kutte		
		21.00 - 22.00	UWR	TB	Nico	Danny		
		21.00 - 22.00	Apnoe	LB	Marco	Karen		
		21.00 - 22.00	ABC-Training für alle	LB	Siegfried	Denis		
13.10.2026	Di	17.00 - 18.00	Flossies	LB	Beeke	Annika		
14.10.2026	Mi	19.30 - 21.00	Flossies	LB	Annika	Bernd		
		19.30 - 21.00	Apnoe	LB	Marco	Dirk		
15.10.2026	Do	17.00 - 19.00	Flossies	FB	Marion	Kutte		
		21.00 - 22.00	UWR	TB	Nico	Danny		
17.10.2026	Sa	18.00 - 20.00	Flossies	Kein Training				
		19.00 - 20.00	UWR					
		18.00 - 20.00	ABC-Training	Apnoewettkampf				
		18.00 - 19.00	Aquafitness				SB	Ruth
		18.00 - 19.00	Tauchkurs					
		18.00 - 20.00	Apnoe					
19.10.2026	Mo	21.00 - 22.00	Flossies	LB	Marion	Kutte		
		21.00 - 22.00	UWR	TB	Nico	Danny		
		21.00 - 22.00	Apnoe	LB	Marco	Karen		
		21.00 - 22.00	ABC-Training für alle	LB	Siegfried	Denis		
20.10.2026	Di	17.00 - 18.00	Flossies	LB	Beeke	Annika		
21.10.2026	Mi	19.30 - 21.00	Flossies	LB	Annika	Bernd		
		19.30 - 21.00	Apnoe	LB	Marco	Dirk		
22.10.2026	Do	17.00 - 19.00	Flossies	FB	Marion	Kutte		
		21.00 - 22.00	UWR	TB	Nico	Danny		
24.10.2026	Sa	18.00 - 20.00	Flossies	LB	Marion	Kutte		
		19.00 - 20.00	UWR	TB	Nico	Danny		
		18.00 - 20.00	ABC-Training	LB	Siegfried	Denis		
		18.00 - 19.00	Aquafitness	SB	Ruth			
		18.00 - 19.00	Tauchkurs	TB	Claudia	Stefan		
		18.00 - 20.00	Apnoe	LB	Karen	Jessika		
26.10.2026	Mo	21.00 - 22.00	Flossies	LB	Marion	Kutte		
		21.00 - 22.00	UWR	TB	Nico	Danny		
		21.00 - 22.00	Apnoe	LB	Marco	Karen		
		21.00 - 22.00	ABC-Training für alle	LB	Siegfried	Denis		
27.10.2026	Di	17.00 - 18.00	Flossies	LB	Beeke	Annika		
28.10.2026	Mi	19.30 - 21.00	Flossies	LB	Annika	Bernd		
		19.30 - 21.00	Apnoe	LB	Marco	Dirk		
29.10.2026	Do	17.00 - 19.00	Flossies	FB	Marion	Kutte		
		21.00 - 22.00	UWR	TB	Nico	Danny		
31.10.2026	Sa	18.00 - 20.00	Flossies	LB	Marion	Kutte		
		19.00 - 20.00	UWR	TB	Nico	Danny		
		18.00 - 20.00	ABC-Training	LB	Siegfried	Denis		
		18.00 - 19.00	Aquafitness	SB	Ruth			
		18.00 - 19.00	Tauchkurs	TB	Claudia	Stefan		
		18.00 - 20.00	Apnoe	LB	Marco	Jessika		

LB Langes Becken

TB Tiefes Becken

SB Lehrschwimmbecken (Keller)

FB Freibad