

# Trainingsplan Vereine Egg Winter 22.10.2018 - 03.05.2019

Version: V16

Datum: 13.02.2019

|             | Montag           |                  |                  |                  |           |              |         |           |                           |                          |                      |                      |                     |                  | Dienstag         |                  |                  |               |           |              |         |           |                           |                          |                      |                      |                     |                  |  |
|-------------|------------------|------------------|------------------|------------------|-----------|--------------|---------|-----------|---------------------------|--------------------------|----------------------|----------------------|---------------------|------------------|------------------|------------------|------------------|---------------|-----------|--------------|---------|-----------|---------------------------|--------------------------|----------------------|----------------------|---------------------|------------------|--|
|             | 3-fach Kirchwies | 3-fach Kirchwies | 3-fach Kirchwies | Gymnastikraum    | Kraftraum | Turnh. Bützi | Bachtel | Vogelsang | Kirchwies Kunstrasen Nord | Kirchwies Kunstrasen Süd | Kirchwies Rasenplatz | Kirchwies Spielwiese | Schuwies Rasenplatz | Bützi Spielwiese | 3-fach Kirchwies | 3-fach Kirchwies | 3-fach Kirchwies | Gymnastikraum | Kraftraum | Turnh. Bützi | Bachtel | Vogelsang | Kirchwies Kunstrasen Nord | Kirchwies Kunstrasen Süd | Kirchwies Rasenplatz | Kirchwies Spielwiese | Schuwies Rasenplatz | Bützi Spielwiese |  |
| 16.00-16.30 |                  |                  |                  |                  |           |              |         |           |                           |                          |                      |                      |                     |                  |                  |                  |                  |               |           |              |         | TV        |                           |                          |                      |                      |                     |                  |  |
| 16.30-17.00 |                  |                  |                  |                  |           |              |         |           |                           |                          |                      |                      |                     |                  |                  |                  |                  |               |           |              |         | UHC       | TV                        |                          |                      |                      |                     |                  |  |
| 17.00-17.30 | Fa               | Fb               | Fa / Fb          | Karate           |           | Fechten      |         | ind. TV   |                           |                          |                      |                      |                     |                  | TV               | TV               | TV               |               | TV        |              | UHC     | TV        | ind. TV                   |                          |                      |                      |                     |                  |  |
| 17.30-18.00 | Fa               | Fb               | Fa / Fb          | Karate           | Ski       | Fechten      | Ski     | ind. TV   |                           |                          |                      |                      |                     |                  | TV               | TV               | TV               |               | TV        |              | UHC     | TV        | ind. TV                   |                          |                      |                      |                     |                  |  |
| 18.00-18.30 | Fa               | Fb               | Mä B / C         | Karate           | Ski       | Fechten      | Ski     | ind. TV   | Mä B / C                  |                          |                      |                      |                     |                  | TV               | TV               | TV               |               | TV        |              | Db      | TV        | ind. TV                   | Da                       |                      |                      |                     |                  |  |
| 18.30-19.00 | Ea               | Eb               | Mä B / C         | Karate           | Ski       | Fechten      | Ski     | ind. TV   | Mä B / C                  |                          |                      |                      |                     |                  | TV               | TV               | TV               | Freie Gymn.   | TV        |              | Db      | TV        | ind. TV                   | Da                       | C                    |                      |                     |                  |  |
| 19.00-19.30 | Ea               | Eb               | Mä B / C         | Tai Chi & Qigong | Ski       | Fechten      | Ski     | UHC       | Mä B / C                  |                          |                      |                      |                     |                  | TV               | TV               | TV               | Freie Gymn.   | TV        |              | Db      | TV        | Diensta gsclub Gymn.      | Da                       | C                    |                      |                     |                  |  |
| 19.30-20.00 | Ea               | Eb               | Ea /Eb           | Tai Chi & Qigong | Ski       | Fechten      | Ski     | UHC       | B                         | Rugby                    |                      |                      |                     |                  | TV               | TV               | TV               | Gym. Rams.    | TV        |              |         | TV        | Diensta gsclub Gymn.      |                          | C                    |                      |                     |                  |  |
| 20.00-20.30 | UHC              | UHC              | UHC              | Tai Chi & Qigong | Ski       | Fechten      | Ski     | UHC       | B / Damen / Akt.2         | Rugby                    |                      |                      |                     |                  | TV               | TV               | TV               | Gym. Rams.    | TV        | TV           | TV      | TV        | Akt. 1                    | A                        |                      |                      |                     |                  |  |
| 20.30-21.00 | UHC              | UHC              | UHC              | Tai Chi & Qigong | Ski       | Fechten      | Ski     | UHC       | Damen / Akt.2             | Rugby                    |                      |                      |                     |                  | TV               | TV               | TV               | TV            | TV        | TV           | TV      | TV        | Akt. 1                    | A                        |                      |                      |                     |                  |  |
| 21.00-21.30 | UHC              | UHC              | UHC              | Tai Chi & Qigong | Ski       | Fechten      | Ski     | UHC       | Damen / Akt.2             | Rugby                    |                      |                      |                     |                  | TV               | TV               | TV               | TV            | TV        | TV           | TV      | TV        | Akt. 1                    | A                        |                      |                      |                     |                  |  |
| 21.30-22.00 | UHC              | UHC              | UHC              |                  | Ski       | Fechten      | Ski     | UHC       |                           |                          |                      |                      |                     |                  | TV               | TV               | TV               | TV            | TV        | TV           | TV      | TV        |                           |                          |                      |                      |                     |                  |  |

| Ferien           |                            | Vereine          |        | Anz. 1/2h | Total h | Anz. 1/2h | Total h | Total h |
|------------------|----------------------------|------------------|--------|-----------|---------|-----------|---------|---------|
|                  |                            | 1-fach           | 1-fach | 3-fach    | 3-fach  |           |         |         |
| Herbstferien     | Mo 08.10.18 – Fr 19.10.18  | TV EGG           | 32     | 16.0      | 60      | 10.0      | 26.0    |         |
| Weihnachtsferien | Mo 24.12.18 – Fr 04.01.19  | FC EGG           | 18     | 9         | 33      | 5.5       | 14.5    |         |
| Sportferien      | Mo 18.02.19 – Fr. 01.03.19 | UHC Pfannenstiel | 28     | 14        | 60      | 10        | 24.0    |         |
| Frühlingsferien  | Mo 22.04.19 – Fr 03.05.19  | Rugby            | 0      | 0         | 0       | 0         | 0       |         |

Änderungen und Irrtümer vorbehalten

# Trainingsplan Vereine Egg Winter 22.10.2018 - 03.05.2019

|             | Mittwoch         |                  |                  |               |           |              |         |           |                           |                          |                      |                      |                      |                  | Donnerstag       |                  |                  |               |           |              |         |           |                           |                          |                      |                      |                      |                  |  |
|-------------|------------------|------------------|------------------|---------------|-----------|--------------|---------|-----------|---------------------------|--------------------------|----------------------|----------------------|----------------------|------------------|------------------|------------------|------------------|---------------|-----------|--------------|---------|-----------|---------------------------|--------------------------|----------------------|----------------------|----------------------|------------------|--|
|             | 3-fach Kirchwies | 3-fach Kirchwies | 3-fach Kirchwies | Gymnastikraum | Kraftraum | Turnh. Bützi | Bachtel | Vogelsang | Kirchwies Kunstrasen Nord | Kirchwies Kunstrasen Süd | Kirchwies Rasenplatz | Kirchwies Spielwiese | Schulwies Rasenplatz | Bützi Spielwiese | 3-fach Kirchwies | 3-fach Kirchwies | 3-fach Kirchwies | Gymnastikraum | Kraftraum | Turnh. Bützi | Bachtel | Vogelsang | Kirchwies Kunstrasen Nord | Kirchwies Kunstrasen Süd | Kirchwies Rasenplatz | Kirchwies Spielwiese | Schulwies Rasenplatz | Bützi Spielwiese |  |
| 14.00-15.30 | Pamper s         | Pamper s         | Pamper s         |               |           |              |         |           |                           |                          |                      |                      |                      |                  |                  |                  |                  |               |           |              |         |           |                           |                          |                      |                      |                      |                  |  |
| 16.00-17.00 | UHC              | UHC              | UHC              |               |           |              |         |           |                           |                          |                      |                      |                      |                  |                  |                  |                  |               |           |              |         |           |                           |                          |                      |                      |                      |                  |  |
| 17.00-17.30 | UHC              | UHC              | UHC              |               |           | Mäd E        |         |           |                           |                          |                      |                      |                      |                  | TV               | TV               | TV               |               | TV        | UHC          |         | ind. TV   |                           |                          |                      |                      |                      |                  |  |
| 17.30-18.00 | Fa               | Fb               | Fa / Fb          | Karate        |           | Mäd E        |         | UHC       |                           |                          |                      |                      |                      |                  | TV               | TV               | TV               | TV            | TV        | UHC          | TV      | ind. TV   |                           |                          |                      |                      |                      |                  |  |
| 18.00-18.30 | Fa               | Fb               | Fa / Fb          | Karate        |           | Mäd E        | Eb      | UHC       | Mä C / D                  |                          |                      |                      |                      |                  | TV               | TV               | TV               | TV            | TV        | UHC          | TV      | Da        | Db                        | C                        |                      |                      |                      |                  |  |
| 18.30-19.00 | Fa               | Fb               | Fa / Fb          | Karate        |           | Ea           | Eb      | UHC       | Mä C / D                  |                          |                      |                      |                      |                  | TV               | TV               | TV               | TV            | TV        | UHC          | TV      | Da        | Db                        | C                        |                      |                      |                      |                  |  |
| 19.00-19.30 | UHC              | UHC              | UHC              | Karate        | UHC       | Ea           | Eb      |           | Mä C / D                  | B                        |                      |                      |                      |                  | TV               | TV               | TV               | TV            | Ski       | UHC          | TV      | Da        | Db                        | C                        |                      |                      |                      |                  |  |
| 19.30-20.00 | UHC              | UHC              | UHC              | Gym. Knaus    | UHC       | Ea           |         | Gymn.     |                           | B                        |                      |                      |                      |                  | TV               | TV               | TV               | TV            | Ski       | UHC          | TV      |           |                           |                          |                      |                      |                      |                  |  |
| 20.00-20.30 | UHC              | UHC              | UHC              | Gym. Knaus    | UHC       | Sen          | TV      | Gymn.     | Ü40                       | Damen / Akt.2            |                      |                      |                      |                  | TV               | TV               | TV               | TV            | Ski       | UHC          | TV      | Damen     | A                         | Akt 1                    |                      |                      |                      |                  |  |
| 20.30-21.00 | UHC              | UHC              | UHC              | TV            | UHC       | Sen          | TV      | UHC       | Ü40                       | Damen / Akt.2            |                      |                      |                      |                  | TV               | TV               | TV               | TV            | TV        | UHC          | TV      | Damen     | A                         | Akt 2                    |                      |                      |                      |                  |  |
| 21.00-21.30 | UHC              | UHC              | UHC              | TV            | UHC       | Sen          | TV      | UHC       | Ü40                       | Damen / Akt.2            |                      |                      |                      |                  | TV               | TV               | TV               | TV            | TV        | UHC          | TV      | Damen     | A                         | Akt 3                    |                      |                      |                      |                  |  |
| 21.30-22.00 | UHC              | UHC              | UHC              | TV            | UHC       |              | TV      | UHC       |                           |                          |                      |                      |                      |                  | TV               | TV               | TV               |               | TV        | UHC          | TV      |           |                           |                          |                      |                      |                      |                  |  |

| Vereine       | Anz. 1/2h | Total | Vereine              | Anz. 1/2h | Total | Kunstrasen 1/2 Platz | Anz. 1/2h | Total |
|---------------|-----------|-------|----------------------|-----------|-------|----------------------|-----------|-------|
| Fechtklub EGG | 10        | 5     | Indischer Turnverein | 10        | 5     | FC EGG               | 59        | 29.5  |
| Skiclub EGG   | 9         | 4.5   | Gymnastikgruppen     | 6         | 3     | Rugby                | 5         | 2.5   |
| Schule Egg    | 0         | 0     |                      |           |       |                      |           |       |
| Karate        | 9         | 4.5   | Club 75              | 4         | 2     |                      |           |       |

Trainingsplan Vereine Egg Winter 22.10.2018 - 03.05.2019

|               | Freitag          |                  |                  |               |           |              |          |           |                           |                          |                      |                      |                      |                  | Samstag                          |
|---------------|------------------|------------------|------------------|---------------|-----------|--------------|----------|-----------|---------------------------|--------------------------|----------------------|----------------------|----------------------|------------------|----------------------------------|
|               | 3-fach Kirchwies | 3-fach Kirchwies | 3-fach Kirchwies | Gymnastikraum | Kraftraum | Turnh. Bützi | Bachstel | Vogelsang | Kirchwies Kunstrasen Nord | Kirchwies Kunstrasen Süd | Kirchwies Rasenplatz | Kirchwies Spielwiese | Schulwies Rasenplatz | Bützi Spielwiese | 3-fach Kirchwies                 |
| 16.00-16.30   |                  |                  |                  |               |           |              |          |           |                           |                          |                      |                      |                      |                  |                                  |
| 16.30-17.00   |                  |                  |                  |               |           |              |          |           |                           |                          |                      |                      |                      |                  | 09.30 - 11.30 UHC                |
| 17.00 - 17.30 | UHC              | UHC              | UHC              | Karate        | UHC       | UHC          | Karate   |           |                           |                          |                      |                      |                      |                  | nur wenn keine anderen Anlässe ! |
| 17.30 - 18.00 | UHC              | UHC              | UHC              | Karate        | UHC       | UHC          | Karate   |           |                           |                          |                      |                      |                      |                  |                                  |
| 18.00 - 18.30 | UHC              | UHC              | UHC              | Karate        | UHC       | UHC          | Karate   |           |                           |                          |                      |                      |                      |                  |                                  |
| 18.30 - 19.00 | UHC              | UHC              | UHC              | Karate        | UHC       | UHC          | Karate   | UHC       |                           |                          |                      |                      |                      |                  |                                  |
| 19.00 - 19.30 | UHC              | UHC              | UHC              | Karate        | UHC       | UHC          | Karate   | UHC       |                           |                          |                      |                      |                      |                  |                                  |
| 19.30 - 20.00 | UHC              | UHC              | UHC              | Karate        | UHC       | UHC          | Karate   | UHC       |                           |                          |                      |                      |                      |                  |                                  |
| 20.00 - 20.30 | UHC              | UHC              | UHC              | Karate        | UHC       | UHC          | Karate   | Club 75   |                           |                          |                      |                      |                      |                  |                                  |
| 20.30 - 21.00 | UHC              | UHC              | UHC              | Karate        | UHC       | UHC          | Karate   | Club 75   |                           |                          |                      |                      |                      |                  |                                  |
| 21.00 - 21.30 | UHC              | UHC              | UHC              | Karate        | UHC       | UHC          | Karate   | Club 75   |                           |                          |                      |                      |                      |                  |                                  |
| 21.30 - 22.00 | UHC              | UHC              | UHC              | Karate        | UHC       | UHC          | Karate   | Club 75   |                           |                          |                      |                      |                      |                  |                                  |