

Wettkampf-Trainings Sommersaison 2026
Trainings bei Jean-Yves ab Montag 27. April

| Zeit | Montag | | Dienstag | Mittwoch | Donnerstag | | Freitag | | Zeit |
|-------|------------------------------------|--------|------------------------------|------------------|------------------|-----------------|-------------------|-----------------------|-------|
| 8.00 | | | PU | Malou Yana | | | | | 8.00 |
| 9.00 | Timo | | PU | Elki | Justin | | Timo | | 9.00 |
| 10.00 | | | | | | | PU | | 10.00 |
| 11.00 | | | | | Malou Yana | | | | 11.00 |
| 12.00 | | | | | | | PU | | 12.00 |
| 13.00 | | | | | | | Malou | | 13.00 |
| 14.00 | Isabel Linda | | | Nelio Rafael | Hanna | | Samuel Lars | | 14.00 |
| 15.00 | Jawid Samuel | | Emilia | Ivan Erazem | Samuel | Linda Mätthu | Elena | Sophia Sophia | 15.00 |
| 16.00 | Ivan, David, Domi | Nelio | | Joris | Erazem | Jawid Isabel | Malou Yana | Emilia Nelio, Ivan | 16.00 |
| 17.00 | IC Training Yana, Malou, Lumi | Emilia | Joris Erazem | Rafael | Emilia | | Yolanda Erazem | Rafael, Dominik | 17.00 |
| 18.00 | Aaliyah, Yolanda Lisha, Leilani | Justin | Nick | Malou Yolanda | Malou Aaliyah | | Joris | | 18.00 |
| 19.00 | | | Yana, Yolanda Malou, Lumi | | | | | | 19.00 |
| 20.00 | | | | | | | | | 20.00 |

Trainer: Jean-Yves

Karin / Udo

Oliver

ohne Trainer