

Trainingsplan 2025 / 2026

Zeit	Montag						Dienstag					
	Eggenburg 1	Eggenburg 2	Eggenburg Vorpl.	Horn Halle 1	Horn Halle 2	Horn Halle 3	Eggenburg 1	Eggenburg 2	Eggenburg Vorpl.	Horn Halle 1	Horn Halle 2	Horn Halle 3
09:30												
10:00												
10:30												
11:00												
11:30												
12:00												
12:30												
13:00												
13:30												
14:00												
14:30												
15:00 - 15:30	FREI	FREI	FREI		HLW	PTS	FREI	FREI	FREI	HAK	PTS	HLW
15:30 - 16:00	FREI	FREI	FREI	AKROB.	HLW	PTS	FREI	FREI	FREI	HAK	PTS	HLW
16:00 - 16:30	FREI	FREI	FREI		SV HO U6,7,8	WU11	MU11 Eggenb. + SG MU12 (+ SG MU11 HO opt.)	FREI	AKROB. 16:00 - 19:00		HLW	
16:30 - 17:00	FREI	FREI	FREI					FREI			HLW	
17:00 - 17:30	WU12	WU12	Elite Cup WU14	SG MU11 Horn + SG MU12 Sept. - Nov. und Feb. - Juni (Dez. - Jän. LAZ Horn)	Elite Cup MU14	Elite Cup MU14	FREI	U9 Horn 17:00 - 18:30				
17:30 - 18:00							FREI					
18:00 - 18:30	Elite Cup MU14	Elite Cup MU14	FREI	SG MU11 Horn + SG MU12 Dez. / Jän.	Elite Cup MU16	Elite Cup MU16	Elite Cup MU16	Handball Oldies				
18:30 - 19:00		Elite Cup MU16	FREI									
19:00 - 19:30	FREI											
19:30 - 20:00	Elite Cup MU16	Elite Cup MU16	FREI	WHA Challenge U18	Elite Cup WU16	HLA Challenge	HLA Challenge					FREI
20:00 - 20:30			FREI									
20:30 - 21:00				WHA Challenge U18	Elite Cup WU16	HLA Challenge	HLA Challenge	HLA Challengene FT	FREI	FREI	FREI	
21:00 - 21:30									FREI	FREI	FREI	FREI
21:30-22:00				FREI	FREI	FREI	HLA Challenge FT	HLA Challenge FT	FREI	FREI	FREI	
22:00 - 22:30				FREI	FREI	FREI			FREI	FREI	FREI	FREI

Zeit	Mittwoch							Donnerstag							
	Eggenburg 1	Eggenburg 2	Eggenburg Vorpl.	Horn Halle 1	Horn Halle 2	Horn Halle 3	HS Eggenburg	Eggenburg 1	Eggenburg 2	Eggenburg Vorpl.	Wien 21	Horn Halle 1	Horn Halle 2	Horn Halle 3	
09:30															
10:00															
10:30															
11:00															
11:30															
12:00															
12:30															
13:00															
13:30															
14:00															
14:30															
15:00 - 15:30	FREI	FREI	FREI	GYM	GYM	GYM		FREI	FREI	FREI		BANDE AUFBAUEN			
15:30 - 16:00	U9/U7 Egge	U9/U7 Egge	FREI	GYM	GYM	GYM	Minis Egge Ab 15:45	FREI	FREI	FREI		USV St. Bernhard Authried Max - bis 15:30 - 16:45			
16:00 - 16:30			FREI	Blocken / Handball		MU11 Eggenburg		SG MU11 Horn	FREI						
16:30 - 17:00			FREI	SG MU10 Horn 16:30 - 18:00	SG MU10 Horn 16:30 - 18:00						FREI				
17:00 - 17:30	FREI	FREI	FREI	AKROB.						FREI		ab 16:45 - 18: 00 SV Horn U ???			
17:30 - 18:00	FREI	FREI	FREI							FREI					
18:00 - 18:30	FREI	Elite Cup WU16	FREI						SG MU12	SG MU12	FREI		SV Horn U14		
18:30 - 19:00	Elite Cup WU16		FREI								FREI	HLA Challenge			
19:00 - 19:30			FREI	SG RL Herren optional					Elite Cup WU14	Elite Cup WU14	FREI				
19:30 - 20:00	WHA Challenge	WHA Challenge U18	FREI	SG RL Herren 19:00 - 20:30 oder 19:30 - 21:00						FREI		LSG			
20:00 - 20:30			FREI								FREI				
20:30 - 21:00			FREI								FREI				
21:00 - 21:30	FREI	FREI	FREI	FREI	FREI	FREI				FREI					
21:30-22:00	FREI	FREI	FREI	FREI	FREI	FREI		FREI	FREI	FREI					
22:00 - 22:30	FREI	FREI	FREI	FREI	FREI	FREI		FREI	FREI	FREI					

Zeit	Freitag						Samstag
	Eggenburg 1	Eggenburg 2	Eggenburg Vorpl.	Horn Halle 1	Horn Halle 2	Horn Halle 3	Eggenburg 1
09:30							WU7/MU7
10:00							
10:30							
11:00							
11:30							
12:00							
12:30							
13:00							
13:30							
14:00					GYM	GYM	
14:30					GYM	GYM	
15:00 - 15:30	FREI	FREI	FREI	AKROB.	GYM	GYM	
15:30 - 16:00	U9/U7 Egge	U9/U7 Egge	FREI				
16:00 - 16:30			FREI	AKROB.	Mini's Horn 16-17:00		
16:30 - 17:00			WU11 & WU12				
17:00 - 17:30						WU11 & WU12	
17:30 - 18:00							
18:00 - 18:30	WHA Challenge	WHA Challenge U18	FREI	SG MU10 Horn 18-19 Uhr			
18:30 - 19:00			FREI				
19:00 - 19:30			FREI	Elite Cup MU14 + MU16	Elite Cup MU14 + MU16	Elite Cup MU14 + MU16	
19:30 - 20:00	HLA Challenge	FREI	Herren aufw.?				
20:00 - 20:30		FREI					
20:30 - 21:00		HLA Challenge FT	FREI	SG RL Herren	SG RL Herren	SG RL Herren	
21:00 - 21:30	HLA Challenge FT		FREI				
21:30-22:00			FREI	SG RL Herren optional			
22:00 - 22:30	FREI	FREI	FREI	FREI	FREI	FREI	