

Trainingsplan Sommer 2018 bis Ostern 2019

Datum	Zeit	Damen 1	Ort	Zeit	Damen 2	Ort	Zeit	Damen 3	Ort	Zeit	Plausch	Ort	Zeit	U23- 1. Liga	Ort	Zeit	U23-2. Liga	Ort	Zeit	U23-4. Liga	Ort
Di	20.11.18			20.00	Training	Grü 3				20.30	Ballwil-VB					18.30	Training	Grü 1	18.30	Training	Grü 2
Mi	21.11.18	19.45	Training	Grü 2			20.00	Training	Grü 1	18.30	Training	St				20.30	VB-SV Sempach	St			
Do	22.11.18				20.00	Training	St						18.30	Training	St						
Fr	23.11.18	20.00	Training	St																	
Sa	24.11.18	17.00	VB-Pfeffingen	Grü	17.00	VB-VBC Malters	Grü						14.30	VB-VBC Malters	Grü				12.30	VB-VBC Malters	Grü
Di	27.11.18				20.00	Training	Grü 3									18.30	Training	Grü 1	18.30	Training	Grü 2
Mi	28.11.18	19.45	Training	Grü 2			18.30	Training	St	20.00	Training	Grü 1									
Do	29.11.18				20.00	Training	St						18.30	Training	St						
Fr	30.11.18	20.00	Training	St																	
Sa	01.12.18	16.00	Volley Lugano-VB		18.00	VBC Ebikon-VB										13.00	Emmen-Nord-VB				
So	02.12.18						15.30	VBC Ebikon-VB					12.30	Emmen-Nord-VB							
Di	04.12.18				20.00	Training	Grü 3									18.30	Training	Grü 1	18.30	Training	Grü 2
Mi	05.12.18	19.45	Training	Grü 2			20.00	Training	Grü 1	20.30	Menznaun-VB										
Do	06.12.18				20.00	Training	St						18.30	Training	St						
Fr	07.12.18	20.00	Training	St									20.00	Entlebuch-VB							
Sa	08.12.18	17.00	VB-VBC Baden	Grü																	
So	09.12.18				15.00	Entlebuch-VB										18.00	Entlebuch-VB		13.00	Entlebuch-VB	
Di	11.12.18				20.30	VB-Volley LU	Grü 3									18.30	Training	Grü 1	18.30	Training	Grü 2
Mi	12.12.18	19.45	Training	Grü 2			18.30	Training	St	20.30	VB-STV Neudorf	Grü 1									
Do	13.12.18				20.00	Training	St						18.30	Training	St						
Lotto Freitag 14. und Samstag 15.12.2018																					
Fr	14.12.18	20.00	Training	St																	
Sa	15.12.18	17.30	BTV Aarau-VB																		
So	16.12.18	17.00	VB-KTV Riehen	Grü			17.00	VB-VBC Buochs					14.30	VB-Steinhausen	Grü						
Di	18.12.18	20.30	TV Lunckhofen-VB		20.00	Training	Grü 3									18.30	Training	Grü 1	18.30	Training	Grü 2
Mi	19.12.18	19.45	Training	Grü 2			20.30	Hochdorf-VB		18.30	Training	St									
Do	20.12.18				20.00	Training	St						18.30	Training	St						
Fr	21.12.18	20.00	Training	St																	
Sa	22.12.18				18.00	Hochdorf-VB															
Weihnachtsferien 22. Dezember 2018 - 06. Januar 2019																					
Di	08.01.19				20.00	Training	Grü 3									18.30	Training	Grü 1	18.30	Training	Grü 2
Mi	09.01.19	19.45	Training	Grü 2			18.30	Training	St	20.00	Training	Grü 1									
Do	10.01.19				20.00	Training	St						18.30	Training	St	20.00	Training	St			
Fr	11.01.19	20.00	Training	St																	
Sa	12.01.19	17.00	VB-SAG Cordola	Grü	17.00	VB-VBC Sursee	Grü	13.00	VB-Kriens VTV	Grü			15.00	VB-VBC Sursee	Grü	15.00	VB-Kriens VTV	Grü	13.00	VB-VBC Sursee	Grü
Mo	14.01.19									20.30	TiV Kriens-VB										
Di	15.01.19				20.00	Training	Grü 3									18.30	Training	Grü 1	18.30	Training	Grü 2
Mi	16.01.19	19.45	Training	Grü 2			20.00	Training	Grü 1	18.30	Training	St									
Do	17.01.19				20.00	Training	St						18.30	Training	St						
Fr	18.01.19	20.00	Training	St												20.15	Fides Ruswil-VB				
Sa	19.01.19	16.00	FC Luzern-VB		14.00	Volley LU-VB		18.00	VBC Lungern-VB							14.00	SV Knutwil-VB		13.00	VBC Ebikon-VB	
So	20.01.19																				
Mo	21.01.19									20.15	STV Zell-VB										
Di	22.01.19				20.00	Training	Grü 3									18.30	Training	Grü 1	18.30	Training	Grü 2
Mi	23.01.19	19.45	Training	Grü 2			18.30	Training	St	20.00	Training	Grü 1									
Do	24.01.19				20.00	Training	St						18.30	Training	St						
Fr	25.01.19	20.00	Training	St						20.15	Volleya OW-VB										
Sa	26.01.19	17.00	VB-VB Therwil	Grü	17.30	Volleya OW 2-VB							11.00	Volleya OW-VB					20.00	VBC Triengen-VB	
Di	29.01.19				20.00	Training	Grü 3									18.30	Training	Grü 1	18.30	Training	Grü 2
Mi	30.01.19	19.45	Training	Grü 2			18.30	Training	St	20.30	VB-Römerswil	Grü 1									
Do	31.01.19				20.30	VB-Volleya OW 3	St						18.30	Training	St						
Fr	01.02.19	20.00	Training	St																	
Sa	02.02.19	13.30	Pfeffingen-VB				17.00	VB-VBC Triengen	Grü							14.30	VB-Volley LU	Grü	17.00	VB- Buttisholz	Grü

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Di 05.02.19				20.00	Training	Grü 3										18.30	Training	Grü 1	18.30	Training	Grü 2
Mi 06.02.19	19.45	Training	Grü 2				18.30	Training	St	20.30	VB-Ballwil	Grü 1				20.30	SV Sempach - VB				
Do 07.02.19				20.00	Training	St							18.30	Training	St						
Fr 08.02.19	20.00	Training	St																		
Sa 09.02.19	17.00	VB-Volley Lugano	Grü	14.00	VBC Malters-VB								11.30	VBC Malters-VB					13.00	VBC Malters-VB	
Di 12.02.19				20.00	Training	Grü 3							20.30	Volley LU-VB		18.30	Training	Grü 1	18.30	Training	Grü 2
Mi 13.02.19	19.45	Training	Grü 2				20.00	Training	Grü 1	18.30	Training	St									
Do 14.02.19				20.00	Training	St							18.30	Training	St						
Fr 15.02.19	20.00	Training	St																		
Sa 16.02.19	17.00	VBC Baden-VB																			
Di 19.02.19				20.00	Training	Grü 3										18.30	Training	Grü 1	18.30	Training	Grü 2
Mi 20.02.19	19.45	Training	Grü 2				18.30	Training	St	20.30	VB-Menznau	Grü 1									
Do 21.02.19				20.00	Training	St							18.30	Training	St						
Fr 22.02.19	20.00	Training	St																		
Sa 23.02.19				17.00	VB-VBC Ebikon	Grü	12.00	VB-VBC Ebikon	Grü				14.30	VB-Emmen-Nord	Grü	14.30	VB-Emmen-Nord	Grü			
Fasnachtsferien 23. Februar 2019 - 10. März 2019																					
Di 12.03.19				20.00	Training	Grü 3										18.30	Training	Grü 1	18.30	Training	Grü 2
Mi 13.03.19	19.45	Training	Grü 2				20.00	Training	Grü 1	18.30	Training	St									
Do 14.03.19				20.00	Training	St							18.30	Training	St						
Fr 15.03.19	20.00	Training	St																		
Sa 16.03.19				17.00	VB-Entlebuch	Grü							14.30	VB-Entlebuch	Grü	14.30	VB-Entlebuch	Grü	17.00	VB-Entlebuch	Grü
Mo 18.03.19							20.30	VBC Buochs-VB													
Di 19.03.19				20.00	Training	Grü 3										18.30	Training	Grü 1	18.30	Training	Grü 2
Mi 20.03.19	19.45	Training	Grü 2				18.30	Training	St	20.00	STV Neudorf-VB										
Do 21.03.19				20.45	Volley LU-VB								18.30	Training	St						
Fr 22.03.19	20.00	Training	St																		
Sa 23.03.19													13.00	Steinhausen-VB							
Di 26.03.19				20.00	Training	Grü 3										18.30	Training	Grü 1	18.30	Training	Grü 2
Mi 27.03.19	19.45	Training	Grü 2				20.00	Training	Grü 1	18.30	Training	St									
Do 28.03.19				20.00	Training	St							18.30	Training	St						
Fr 29.03.19	20.00	Training	St																		
Di 02.04.19				20.00	Training	Grü 3										18.30	Training	Grü 1	18.30	Training	Grü 2
Mi 03.04.19	19.45	Training	Grü 2				18.30	Training	St	20.00	Training	Grü 1									
Do 04.04.19				20.00	Training	St							18.30	Training	St						
Fr 05.04.19	20.00	Training	St																		
Di 09.04.19				20.00	Training	Grü 3										18.30	Training	Grü 1	18.30	Training	Grü 2
Mi 10.04.19	19.45	Training	Grü 2				20.00	Training	Grü 1	18.30	Training	St									
Do 11.04.19				20.00	Training	St							18.30	Training	St						
Fr 12.04.19	20.00	Training	St																		
Di 16.04.19				20.00	Training	Grü 3										18.30	Training	Grü 1	18.30	Training	Grü 2
Mi 17.04.19	19.45	Training	Grü 2				18.30	Training	St	20.00	Training	Grü 1									
Do 18.04.19				20.00	Training	St							18.30	Training	St						
Osterferien 19. April 2019 - 05. Mai 2019																					