

Trainingsplan Sommer 2019 bis Ostern 2020

Datum	Zeit	Damen 1	Ort	Zeit	Damen 2	Ort	Zeit	Damen 3	Ort	Zeit	Plausch	Ort	Zeit	U23- 1. Liga	Ort	Zeit	U23-3. Liga	Ort	Zeit	U23-4. Liga	Ort
Di 20.08.19				19.30	Training	Grü 3										18.30	Training	Grü 1	18.30	Training	Grü 2
Mi 21.08.19	19.45	Training	Grü 2				18.30	Training	St	20.00	Training	Grü 1									
Do 22.08.19				20.00	Training	Grü 3							20.00	Training	St						
Fr 23.08.19	18.30	Training	St																		
Di 27.08.19				19.30	Training	Grü 3										18.30	Training	Grü 1	18.30	Training	Grü 2
Mi 28.08.19	19.45	Training	Grü 2				20.00	Training	Grü 1	18.30	Training	St									
Do 29.08.19				20.00	Training	Grü 3							20.00	Training	St						
Fr 30.08.19	18.30	Training	St																		
Di 03.09.19				19.30	Training	Grü 3										18.30	Training	Grü 1	18.30	Training	Grü 2
Mi 04.09.19	19.45	Training	Grü 2				18.30	Training	St	20.00	Training	Grü 1									
Do 05.09.19				20.00	Training	Grü 3							20.00	Training	St						
Fr 06.09.19	18.30	Training	St																		
Di 10.09.19				19.30	Training	Grü 3										18.30	Training	Grü 1	18.30	Training	Grü 2
Mi 11.09.19	19.45	Training	Grü 2				20.00	Training	Grü 1	18.30	Training	St									
Do 12.09.19				20.00	Training	Grü 3							20.00	Training	St						
Fr 13.09.19	18.30	Training	St																		
Di 17.09.19				19.30	Training	Grü 3										18.30	Training	Grü 1	18.30	Training	Grü 2
Mi 18.09.19	19.45	Training	Grü 2				18.30	Training	St	20.00	Training	Grü 1									
Do 19.09.19				20.00	Training	Grü 3							20.00	Training	St						
Fr 20.09.19	18.30	Training	St																		
Di 24.09.19				19.30	Training	Grü 3										18.30	Training	Grü 1	18.30	Training	Grü 2
Mi 25.09.19	19.45	Training	Grü 2				18.30	Training	St	20.30	VB-Horw	Grü 1									
Do 26.09.19				20.00	Training	Grü 3							20.00	Training	St						
Fr 27.09.19	18.30	Training	St																		
Herbstferien 28. September 19 - 13. Oktober 19																					
Di 15.10.19				19.30	Training	Grü 3										18.30	Training	Grü 1	18.30	Training	Grü 2
Mi 16.10.19	19.45	Training	Grü 2				18.30	Training	St	20.00	Training	Grü 1									
Do 17.10.19				20.00	Training	Grü 3							20.00	Training	St						
Fr 18.10.19	18.30	Training	St																		
Sa 19.10.19																14.00	KTV-Moutathal-VB				
Mo 21.10.19	20.45	Volley Luzern 3-VB																			
Di 22.10.19				19.30	Training	Grü 3										18.30	Training	Grü 1	18.30	Training	Grü 2
Mi 23.10.19	19.45	Training	Grü 2				20.00	Training	Grü 1	18.30	Training	St									
Do 24.10.19				20.00	Training	Grü 3							20.30	Volley Entlebuch 1-VB							
Fr 25.10.19	18.30	Training	St																		
Sa 26.10.19				14.00	Volley Entlebuch 2-VB		18.00	VBC Steinhausen 3-VB													
Di 29.10.19				19.30	Training	Grü 3										18.30	Training	Grü 1	18.30	Training	Grü 2
Mi 30.10.19	19.45	Training	Grü 2				18.30	Training	St	20.30	VB-Menznau	Grü 1									
Do 31.10.19				20.00	Training	Grü 3							20.00	Training	St						
Fr 01.11.19	20.00	Training	St																		
Sa 02.11.19	Saisonstart-Event																				
Sa 02.11.19	17.00	VB-VBC Bürglen 1	Grü	17.00	VB-Fides Ruswil 1	Grü	12.00	VB-VBC Rotkreuz 2	Grü				14.30	VB-Volley LU 1	Grü	16.00	VB-VBC Bürglen 2	Grü	12.00	VB-VBC Rotkreuz 1	Grü
Di 05.11.19				19.30	Training	Grü 3				20.30	Ballwil-VB					18.30	Training	Grü 1	18.30	Training	Grü 2
Mi 06.11.19	19.45	Training	Grü 2				20.00	Training	Grü 1	18.30	Training	St									
Do 07.11.19				20.00	Training	Grü 3							20.00	Training	St						
Fr 08.11.19	20.00	Training	St																		
Sa 09.11.19	13.00	Volleya OW 2-VB		13.30	Emmen Nord 1-VB								18.00	Emmen Nord 1-VB		19.00	VBC Erstfeld 1-VB				
So 10.11.19							15.30	VBC Ebikon 3-VB													
Di 12.11.19				19.30	Training	Grü 3										18.30	Training	Grü 1	18.30	Training	Grü 2
Mi 13.11.19	20.30	VB-FC Luzern 1	Grü 2				18.30	Training	St	20.00	Training	Grü 1									
Do 14.11.19				20.00	Training	Grü 3							20.00	Training	St						
Fr 15.11.19	20.00	Training	St																		
Sa 16.11.19							17.00	VB-VTV Kriens 1	Grü				14.00	VB-Audacia HO 1	Grü	14.00	VB-Volley Baar	Grü	17.00	VB-Hünenberg 2	Grü

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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	
Mo 03.02.20										20.30	Römerswil-VB											
Di 04.02.20				19.30	Training	Grü 3										18.30	Training	Grü 1	18.30	Training	Grü 2	
Mi 05.02.20	19.45	Training	Grü 2				18.30	Training	St	20.00	Training	Grü 1										
Do 06.02.20				20.30	VB-Volleya OW 3	St							18.30	Training	St							
Fr 07.02.20	20.00	Training	St																			
Sa 08.02.20							17.00	VB-Volleya OW 6	Grü							14.00	VB-LK Zug	Grü	14.00	VB-VBR Stans	Grü	
Di 11.02.20				19.30	Training	Grü 3										18.30	Training	Grü 1	18.30	Training	Grü 2	
Mi 12.02.20	19.45	Training	Grü 2				20.00	Training	Grü 1	20.30	Menznau-VB											
Do 13.02.20				20.30	VTV Horw 1-VB								18.30	Training	St							
Fr 14.02.20	20.00	Volley Luzern 2-VB																				
Fasnachtsferien 15. Februar 2020 - 01. März 2020																						
Di 03.03.20				19.30	Training	Grü 3										18.30	Training	Grü 1	18.30	Training	Grü 2	
Mi 04.03.20	20.30	VB-VBC Ebikon 1	Grü 2				18.30	Training	St	20.00	Training	Grü 1										
Do 05.03.20				20.00	Training	Grü 3							18.30	Training	St							
Fr 06.03.20	20.00	Training	St																			
Sa 07.03.20	17.00	VB-Steinhausen 2	Grü	17.00	VB-VBC Sursee 2	Grü							14.00	VB-VBC Sursee 1	Grü				14.00	VB-VBC Sursee 3	Grü	
Di 10.03.20				19.30	Training	Grü 3										18.30	Training	Grü 1	18.30	Training	Grü 2	
Mi 11.03.20	19.45	Training	Grü 2				20.00	Training	Grü 1	18.30	Training	St										
Do 12.03.20				20.00	Training	Grü 3				20.30	Horw-VB		18.30	Training	St	20.00	Suito Schwyz-VB					
Fr 13.03.20	20.00	Training	St																			
Sa 14.03.20				18.00	VBC Triengen 1-VB		16.00	VBC Triengen 2-VB														
So 15.03.20	14.00	VB-Audacia HO 1	Grü																			
Di 17.03.20				19.30	Training	Grü 3										18.30	Training	Grü 1	18.30	Training	Grü 2	
Mi 18.03.20	19.45	Training	Grü 2				18.30	Training	St	20.00	Training	Grü 1										
Do 19.03.20				20.00	Training	Grü 3							18.30	Training	St							
Fr 20.03.20	20.00	Training	St																			
Sa 21.03.20	18.00	VBC Sursee 1-VB					17.00	VB-VBC Buochs 1	Grü				14.00	VB-Fides Ruswil 1	Grü	14.00	VB-VBC Malters 2	Grü	14.00	VB-VBC Buochs	Grü	
Di 24.03.20				19.30	Training	Grü 3										18.30	Training	Grü 1	18.30	Training	Grü 2	
Mi 25.03.20	19.45	Training	Grü 2				18.30	Training	St	20.30	VB-Neudorf	Grü 1										
Do 26.03.20				20.00	Training	Grü 3							18.30	Training	St							
Fr 27.03.20	20.00	Training	St																			
Di 31.03.20				19.30	Training	Grü 3										18.30	Training	Grü 1	18.30	Training	Grü 2	
Mi 01.04.20	19.45	Training	Grü 2				20.00	Training	Grü 1	18.30	Training	St										
Do 02.04.20				20.00	Training	Grü 3							18.30	Training	St							
Osterferien 09. April 2020 - 26. April 2020																						