

DT Houwald - Trainingsprogramm 2017-2018

Méindend / Lundi / Monday	Zäit / Horaire / Time	Trainer	Donnerschden / Jeudi / Thursday	Zäit / Horaire / Time	Trainer
Sainte-Sophie	16:30-18:00	Irfan, Pierre	HB - Hesper beweegt sech	15:00-16:00	Irfan
Coque	18:00-20:00	(Irfan, Cheng)	HB - Dësch-Tennis Schoul	16:00-17:30	Irfan
HB - Joueurs C, D et Jeunes	18:30-20:15	Ian	HB - Seniors A, B	19:00-21:00	Heng (+Cheng+Irfan)
HB - Seniors A, B	20:15-22:00	Heng			
Dënschden / Mardi / Tuesday			Freideg / Vendredi / Friday		
HB - Hesper beweegt sech	15:00-16:00	Irfan	HB - Individualtraining	16:00-18:30	Cheng, Irfan
HB - Dësch-Tennis Schoul	16:00-17:30	Irfan	HB - Family-Training	18:30-20:30	Ian (+Cheng+Irfan)
HB - Regionalkader (FLTT)	18:00-20:00	Irfan			
HB - Training 1. Equipe	20:00-21:30	Irfan			
Mëttwoch / Mercredi / Wednesday			Samsden / Samedi / Saturday		
HB - Individualtraining	15:30-18:30	Cheng, Irfan	HB - Training 1. Equipe	10:00-12:00	Cheng, Irfan
HB - Joueurs C, D et Jeunes	18:30-20:15	Cheng, Irfan	Match Cadets	13:30-17:00	Irfan
HB - Seniors	20:15-22:00				
			Sonnden / Dimanche / Sunday		
			Match 1. Equipe	13:30-18:30	