

Trainer: Achim Kraft				
Montag	Dienstag	Mittwoch	Donnerstag	Freitag
14.00-15.00 Inez Wamser	14.00-15.00	14.30-15.00 Jonathan Betz	14.00-15.00	14.00-15.00
15.00-16.00 Timo Kloss	15.00-16.00	15.00-16.00 Jonathan Betz	15.00-16.00 Tom Schönwald	15.00-16.00 Thea Labermeier
16.00-17.00 Pablo Kempf Tom Schönwald Christian Leichtle Yitian Zhu	16.00-17.00 Elias Ullrich Daniel Galitsch Ben Bischoff	16.00-17.00 Mathilda Schiemann Irmel Baum Tizian Ullrich	16.00-17.00 Fritz Labermeier Luis Ullrich Henry Kersch Sebastain Damm	16.00-17.00 privat
17.00-18.00 Jokob Kossler Marlon Kullmann Niklas Wölk Ramon Kempf	17.00-18.00 Fritz Labermeier Luis Ullrich Jakob Wilhelmi	17.00-18.00 Fenja Altmann Lotta Hildmann	17.00-18.00 Sophia Kohl Sophia Esche Smilla Wulkenhaar Noemi Nink	17.00-18.00 Marc Schmerrbach Angelina Fries Peter Reinhard
18.00-19.00 Damen 40	18.00-19.00 Vicky Renner Paulina Güth Julia Kohl	18.00-19.00 Damen 50	18.00-19.00 Zapp Zapp	18.00-19.00 Pablo Lerchel Finn Frielinghaus Ramon Kempf Linus Bender
19.00-20.00 Markus Carsten Gerhard	19.00-20.00 Damen 1	19.00-20.00 Damen 50	19.00-20.00 Herren 1 Herren 2	19.00-20.00
20.00-21.00	20.00-21.00	20.00-21.00	20.00-21.00	20.00-21.00

Trainer: SABINE				
Montag	Dienstag	Mittwoch	Donnerstag	Freitag
14.00-15.00 Mavie Wamser	14.00-15.00	14.00-15.00	14.00-15.00	14.00-15.00
15.00-16.00 Basti Husung	15.00-16.00 Julian Wilhelmi	15.00-16.00 Luisa Bentz Sophia Scherpf Luis Pinto	15.00-16.00 Emily Brien Philipp Brien	15.00-16.00
16.00-17.00 Agni Ram Malika Choundja Mira Yan Emilia Scherpf	16.00-17.00 Irmir Baum Mathilda Schiemann Lotta Hildmann Fenja Altmann	16.00-17.00 Ben Bischoff Oskar Friz Elias Ullrich Daniel Galitsch	16.00-17.00 Ole Schober Jan Schober Klaus Heinelt Ella Hildmann	16.00-17.00
17.00-18.00 Peter Ertel Maximilian Taube	17.00-18.00 Sebastian Damm Finn Schemmann Henry Kersch	17.00-18.00 Jan Schindewolf Ben Schindewolf Felix Kersch Simon Mehner	17.00-18.00 Clementine Fleischmann Emily Mogensen	17.00-18.00
18.00-19.00	18.00-19.00	18.00-19.00	18.00-19.00	18.00-19.00
19.00-20.00	19.00-20.00	19.00-20.00	19.00-20.00	19.00-20.00
20.00-21.00	20.00-21.00	20.00-21.00	20.00-21.00	20.00-21.00

Trainer: Jens				
Montag	Dienstag	Mittwoch	Donnerstag	Freitag
14.00-15.00	14.00-15.00	14.00-15.00	14.00-15.00	14.00-15.00
15.00-16.00	15.00-16.00	15.00-16.00	15.00-16.00	15.00-16.00
16.00-17.00	16.00-17.00	16.00-17.00	16.00-17.00 Anna Vanecek	16.00-17.00
17.00-18.00 Finn Schemmann Nicolas Leichtle Marco Intrepido	17.00-18.00 Alexandra Winter Celine Pässler	17.00-18.00	17.00-18.00 Ben Thiel	17.00-18.00
18.00-19.00 Paulina Güth	18.00-19.00 Sara Lerchl	18.00-19.00	18.00-19.00 Angelo Intrepido Marco Intrepido Hendrik Hemberger Johannes Körner	18.00-19.00
19.00-20.00 Herren 50	19.00-20.00 Damen 1	19.00-20.00	19.00-20.00 Anna Dey Kristin Caijao Lena Wiese Sara Lerchl	19.00-20.00
20.00-21.00	20.00-21.00	20.00-21.00	20.00-21.00	20.00-21.00

Trainer: Achim Rüter								
Montag	Rüter	Dienstag	Rüter	Mittwoch	Rüter	Donnerstag	Rüter	Freitag
14.00-15.00		14.00-15.00		14.00-15.00		14.00-15.00		14.00-15.00
15.00-16.00		15.00-16.00		15.00-16.00		15.00-16.00		15.00-16.00
16.00-17.00		16.00-17.00		16.00-17.00		16.00-17.00		16.00-17.00
17.00-18.00		17.00-18.00		17.00-18.00 Frieda Theis Vicky Renner Julia Kohl Helena Esche		17.00-18.00 Max Eufinger Kimmi Boysen Peter Ertel Maxi Taube		17.00-18.00
18.00-19.00 Claudia Razlaff		18.00-19.00 Sophia Kohl Katharina Kohl Sophia Esche		18.00-19.00 Maggie Betz Anna Eufinger Sabine Bernstein Julia Müller		18.00-19.00 Damen 40 II		18.00-19.00
19.00-20.00 Caro Mogensen Janine Prag		19.00-20.00 Antonia Helmle Christoph Hoh Philip Steinelt		19.00-20.00		19.00-20.00 Carina Schremmer Julia Methling Semra Burisch		19.00-20.00
20.00-21.00		20.00-21.00		20.00-21.00		20.00-21.00		20.00-21.00

Trainer: TIM					
Montag	Dienstag	Mittwoch	Donnerstag	Freitag	
14.00-15.00	14.00-15.00	14.00-15.00	14.00-15.00	14.00-15.00	
15.00-16.00	15.00-16.00	15.00-16.00	15.00-16.00	15.00-16.00	
16.00-17.00	16.00-17.00 Lilly Dukatz Nicolas Leichtle Jonathan Betz	16.00-17.00	16.00-17.00 Clara Koops Melissa Turan Neele Wilde Thea Labermeier	16.00-17.00 Simon Weckesser Levi Friedrich Joshua Sponer	
17.00-18.00	17.00-18.00 Thea Labermeier Helena Esche Melissa Turan Frieda Theis	17.00-18.00	17.00-18.00 Tamina Wilde Katharina Kohl Annik Mahlmann Marlene Huthwelker	17.00-18.00 Lukas Franke Liam Silhak	
18.00-19.00	18.00-19.00 Yitian Zhu Pablo Kempf Christian Leichtle	18.00-19.00	18.00-19.00 Linda Frielinghaus Paula Struwe Luna Menner	18.00-19.00 Tremper Schmiedgen	
19.00-20.00	19.00-20.00 Carola Braun Korinna Sponer Daniela Jäger Nicola Schindewolf	19.00-20.00	19.00-20.00 Herren 1 Herren 2	19.00-20.00	
20.00-21.00	20.00-21.00 Axel Koschuinski Oliver Bernstein Dimitri Winter	20.00-21.00	20.00-21.00 Christian Mogensen	20.00-21.00	

Trainer: Benedikt				
Montag	Dienstag	Mittwoch	Donnerstag	Freitag
14.00-15.00	14.00-15.00	14.00-15.00	14.00-15.00	14.00-15.00
15.00-16.00	15.00-16.00	15.00-16.00	15.00-16.00	15.00-16.00
16.00-17.00	16.00-17.00	16.00-17.00	16.00-17.00	16.00-17.00
17.00-18.00	17.00-18.00	17.00-18.00	17.00-18.00	17.00-18.00 Elisabeth Schiemann Yuna Postert
18.00-19.00	18.00-19.00	18.00-19.00	18.00-19.00	18.00-19.00 Andreas Postert
19.00-20.00	19.00-20.00	19.00-20.00	19.00-20.00	19.00-20.00
20.00-21.00	20.00-21.00	20.00-21.00	20.00-21.00	20.00-21.00

Trainer: TOM				
Montag Tom	Dienstag	Mittwoch Tom	Donnerstag Tom	Freitag
14.00-15.00	14.00-15.00	14.00-15.00	14.00-15.00	14.00-15.00
15.00-16.00	15.00-16.00	15.00-16.00 Ben Thiel Maxi Fleischmann Carl Wagner	15.00-16.00	15.00-16.00
16.00-17.00 Sina Bausch Clara Middendorf Leonie Drescher	16.00-17.00	16.00-17.00 Felix Borgers Matheo Intrepido Mika Krix	16.00-17.00	16.00-17.00
17.00-18.00 Mika Fröhlich Ben Voitech Lilly Dukatz	17.00-18.00	17.00-18.00 Valentin Ezell Hugo Stärk Nathan Zentgraf Luisa Hoh	17.00-18.00	17.00-18.00
18.00-19.00 Marten Bell Luyi Zhu Philipp Kaspryz Tom Ringena	18.00-19.00	18.00-19.00	18.00-19.00 Philip Klein Mika Anders Victor Bülow Konstantin Bülow	18.00-19.00
19.00-20.00 Susanne Kosing Thomas Kosing	19.00-20.00	19.00-20.00	19.00-20.00 Timo Kloss Jakob Wilhelmi Philipp Kaspryz Tom Ringerna	19.00-20.00
20.00-21.00	20.00-21.00	20.00-21.00	20.00-21.00	20.00-21.00

Trainer: Philipp				
Montag	Dienstag	Mittwoch	Donnerstag	Freitag
14.00-15.00	14.00-15.00	14.00-15.00	14.00-15.00	14.00-15.00
15.00-16.00	15.00-16.00	15.00-16.00	15.00-16.00	15.00-16.00
16.00-17.00	16.00-17.00	16.00-17.00	16.00-17.00	16.00-17.00
17.00-18.00	17.00-18.00	17.00-18.00	17.00-18.00	17.00-18.00
18.00-19.00	18.00-19.00	18.00-19.00 Mika Harrer Antony Sadeghian Wanderlei Caijao Matti Nink	18.00-19.00	18.00-19.00
19.00-20.00	19.00-20.00	19.00-20.00 Marlene Best Nina Sauer Janset Özgan Lea Krüger	19.00-20.00	19.00-20.00
20.00-21.00	20.00-21.00	20.00-21.00 Taube Taube	20.00-21.00	20.00-21.00

Trainer: LINUS				
Montag	Dienstag	Mittwoch	Donnerstag	Freitag
14.00-15.00	14.00-15.00	14.00-15.00	14.00-15.00	14.00-15.00
15.00-16.00	15.00-16.00 Nicolas Winter Platon Golov	15.00-16.00	15.00-16.00	15.00-16.00
16.00-17.00	16.00-17.00 Felix Brendel Juna Kleinwächter Emily Brien Paul Brien	16.00-17.00	16.00-17.00	16.00-17.00
17.00-18.00	17.00-18.00 Vincent Bentz Alexander Kleinwächter	17.00-18.00	17.00-18.00	17.00-18.00
18.00-19.00	18.00-19.00	18.00-19.00	18.00-19.00	18.00-19.00
19.00-20.00	19.00-20.00	19.00-20.00	19.00-20.00	19.00-20.00
20.00-21.00	20.00-21.00	20.00-21.00	20.00-21.00	20.00-21.00

Trainer: Tamara				
Montag	Dienstag	Mittwoch	Donnerstag	Freitag
14.00-15.00	14.00-15.00	14.00-15.00	14.00-15.00	14.00-15.00
15.00-16.00	15.00-16.00	15.00-16.00	15.00-16.00	15.00-16.00
16.00-17.00	16.00-17.00	16.00-17.00	16.00-17.00	16.00-17.00
17.00-18.00	17.00-18.00	17.00-18.00	17.00-18.00	17.00-18.00
18.00-19.00	18.00-19.00	18.00-19.00	18.00-19.00	18.00-19.00 Jan Schwalbach Yin Poster
19.00-20.00	19.00-20.00	19.00-20.00	19.00-20.00	19.00-20.00
20.00-21.00	20.00-21.00	20.00-21.00	20.00-21.00	20.00-21.00