

HERZ Gruppen-Trainingsplan

Stand 11.05.2022

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	
08:30 - 08:45							
08:45 - 09:00			Basis			Basis	
09:00 - 09:15							
09:15 - 09:30							
09:30 - 09:45							
09:45 - 10:00						Basis	
10:00 - 10:15			Crazy Hour				
10:15 - 10:30							
10:30 - 10:45							
10:45 - 11:00						Basis	
11:00 - 11:15							
11:15 - 11:30							
11:30 - 11:45							
11:45 - 12:00							
12:00 - 12:15						Welpen Fortgeschrittene	
12:15 - 12:30							
12:30 - 12:45							
12:45 - 13:00							
13:00 - 13:15						Welpen	
13:15 - 13:30							
13:30 - 13:45							
13:45 - 14:00							
14:00 - 14:15							
14:15 - 16:00							
16:00 - 16:15				Welpen			
16:15 - 16:30							
16:30 - 16:45							
16:45 - 17:00							
17:00 - 17:15		Longieren	Basis				
17:15 - 17:30							
17:30 - 17:45	Crazy Hour						
17:45 - 18:00							
18:00 - 18:15		Dogdance		Agility			
18:15 - 18:30							
18:30 - 18:45							
18:45 - 19:00			Crazy Hour				
19:00 - 19:15							
19:15 - 19:30	Basis						
19:30 - 19:45							
19:45 - 20:00							