

Trainingsplan ab August 2019																
Nr	Kategorie	Jg.	Nahme	Vornahme		Montag	Montag	Dienstag	Dienstag	Mitwoch	Donnerstag	Donnerstag	Freitag	Freitag	Samstag	Samstag
	2019/20					Zürich	Zürich	Zürich	Zürich	Zürich	Zürich	Zürich	Zürich	Zürich	Zürich	Zürich
						Sporthalle	Sporthalle	Sporthalle	Sporthalle	Sporthalle	Sporthalle	Sporthalle	Sporthalle	Sporthalle	Sporthalle	Sporthalle
						Sihlweid 2	Sihlweid 1	Noam	Kern C	Sihlweid	Noam	Sumatra 2	Noam	An der Egg	Lavater	Noam
1	P5	2006	Smirnova	Victoria		17:30-20:00				13:30-17:00		17:00-20:00	17:30-20:00			9:30-13:00
2	P5	2006	Sarwa	Thalia		17:30-20:00				13:30-17:00		17:00-20:00	17:30-20:00			9:30-13:00
3	P4	2007	Evertz	Alexa		17:30-20:00				13:30-17:00		17:00-20:00	17:30-20:00			9:30-13:00
4	P3	2008	Levy	Alexandra		17:30-20:00				13:30-17:00		?	17:30-20:00			9:30-13:00
5	P3	2008	Conley	Mia		17:30-20:00				13:30-17:00			17:30-20:00			9:30-13:00
6	P3	2008	Thalparpan	Genoveva		17:30-20:00				13:30-17:00		17:00-20:00	?			9:30-13:00
7	P3	2008	Izbash	Daniela		17:30-20:00				13:30-17:00		17:00-20:00	17:30-20:00			9:30-13:00
8	P3	2009	Eberle	Anne-Sophie		17:30-20:00				13:30-17:00		17:00-19:00	17:30-20:00			9:30-13:00
9	P3	2009	De Cecco	Amalia		17:30-20:00		16:30-18:30		13:30-17:00		?				9:30-13:00
10	P3	2009	Barreto	Soraya		17:30-20:00				13:30-17:00		17:00-20:00	17:30-20:00			9:30-13:00
11	P3	2009	Artho	Marianne		17:30-20:00							17:30-20:00			9:30-13:00
12	P3	2009	Bischofberger	Nicole		17:30-20:00				13:30-17:00		17:00-20:00	17:30-20:00			9:30-13:00
13	P2	2010	Bucknell	Maya				16:30-18:30		13:30-17:00		17:00-20:00	17:30-20:00			9:30-13:00
14	P2	2010	McMahon	Sophia				?		13:30-17:00		17:00-20:00	17:30-20:00			9:30-13:00
15	P2	2010	Moklyuk	Julia				16:30-18:30		?		17:00-20:00	17:30-20:00			9:30-13:00
16	P2	2010	Miroshnikova	Victoria		?		16:30-18:30		13:30-17:00		17:00-20:00	17:30-20:00			9:30-13:00
17	P2	2010	Miroshnikova	Veronika		?		16:30-18:30		13:30-17:00		17:00-20:00	17:30-20:00			9:30-13:00
18	P2	2010	Zvezdina	Nina		17:30-20:00						17:00-20:00	17:30-20:00			9:30-13:00
19	P2	2010	Zerdilas-Herrera	Karmen		17:30-20:00				13:30-17:00		17:00-20:00	17:30-20:00			9:30-13:00
20	P2	2010	Ludford	Caeleigh		17:30-20:00				13:30-17:00		17:00-20:00	17:30-20:00			9:30-13:00
21	P2	2010	Gevart	Xenia		17:30-20:00				13:30-17:00		17:00-20:00	17:30-20:00			9:30-13:00
22	P2	2011	Schaub	Julia				16:30-18:30		?		17:00-20:00	?			9:30-13:00
23	P2	2011	Bulutic	Nikolina		17:30-20:00				13:30-17:00		17:00-20:00	17:30-20:00			9:30-13:00
24	P2	2011	Trouchan	Margarita		17:30-20:00						17:00-20:00	17:30-20:00			9:30-13:00
25	P1	2012	Brunner	Raissa		17:30-20:00			18:00-20:00		16:30-18:30					9:30-13:00
26	P1	2012	Voronina	Sofiya					18:00-20:00		16:30-18:30		17:30-20:00			9:30-13:00
27	P1	2012	Karolinskiy	Rebecca				16:30-18:30		13:30-17:00	16:30-18:30					9:30-13:00
28	P1	2012	Teutschmann	Mia Leona		17:30-20:00					?		17:30-20:00			9:30-13:00
29	P1	2012	Gordienko	Alisa				16:30-18:30			16:30-18:30		17:30-20:00			9:30-13:00
30	P1	2012	Zakreuski	Annamaria				16:30-18:30			16:30-18:30		17:30-20:00			9:30-13:00
31	P1	2012	Ralph	Nina		17:30-20:00					16:30-18:30		17:30-20:00			9:30-13:00
32	P1	2012	Wirz	Kira		17:30-20:00		16:30-18:30			16:30-18:30		17:30-20:00			9:30-13:00
33	Minis/P1(Junior)	2013	Lecchini	Sanna		18:00-20:00										
34	Minis/P1(Junior)	2013	Lecchini	Kira		18:00-20:00										
35	Minis/P1(Junior)	2013	Zvezdina	Olga		18:00-20:00					16:30-18:30		17:30-20:00		9:30-12:30	
36	Minis/P1(Junior)	2013	Schneider	Diana			18:00-20:00						17:30-20:00		9:30-12:30	
37	Minis/P1(Junior)	2013	Salnikova	Alisa				16:30-18:30			16:30-18:30				9:30-12:30	
38	Minis/P1(Junior)	2013	Durkac	Milana			18:00-20:00						17:30-20:00		9:30-12:30	
39	Minis/P1(Junior)	2013	Zvonova	Aleksandra				16:30-18:30			16:30-18:30				9:30-12:30	
40	Minis/P1(Junior)	2013	Spoljaric	Kristina Khloe				16:30-18:30			16:30-18:30				9:30-12:30	
41	Minis/P1(Junior)	2013	Wiessler	Anastasia Anna					18:00-20:00		16:30-18:30		17:30-20:00			
42	Minis/P1(Junior)	2013	Alokhina	Emiliya			18:00-20:00				16:30-18:30		17:30-20:00			

Trainingsplan ab August 2019																
Nr	Kategorie	Jg.	Nahme	Vornahme		Montag	Montag	Dienstag	Dienstag	Mitwoch	Donnerstag	Donnerstag	Freitag	Freitag	Samstag	Samstag
	2019/20					Zürich	Zürich	Zürich	Zürich	Zürich	Zürich	Zürich	Zürich	Zürich	Zürich	Zürich
						Sporthalle	Sporthalle	Sporthalle	Sporthalle	Sporthalle	Sporthalle	Sporthalle	Sporthalle	Sporthalle	Sporthalle	Sporthalle
						Sihlweid 2	Sihlweid 1	Noam	Kern C	Sihlweid	Noam	Sumatra 2	Noam	An der Egg	Lavater	Noam
43	Minis/P1(Junior)	2013	Kravets	Oribelle					18:00-20:00				17:30-20:00		9:30-12:30	
44	Minis/P1(Junior)	2013	Reyes	Lily					18:00-20:00				17:30-20:00		9:30-12:30	
45	Minis/P1(Junior)	2013	Schön	Aurora			18:00-20:00						17:30-20:00		9:30-12:30	
46	Minis/P1(Junior)	2013	Lugand	Lara					18:00-20:00		16:30-18:30				9:30-12:30	
47	Minis	2014	Grigoryeva	Elizaveta			18:00-20:00						17:30-19:30			
48	Minis	2014	Iudina	Stella			18:00-20:00						17:30-19:30			
49	Minis	2014	Moklyuk	Mascha			?		18:00-20:00				17:30-19:30			
50	Minis	2014	Ralph	Heidi			18:00-20:00						17:30-19:30			
51	Minis	2014	Rudenka	Victoria			18:00-20:00						17:30-19:30			
52	Minis	2014	Kisele	Alisa			18:00-20:00				16:30-18:30		17:30-20:00			
53	Minis	2015	Kisele	Karolina			18:00-20:00				16:30-18:30		17:30-19:30			
54	Minis	2015	De Cecco	Gloria			18:00-20:00									
55	U-Minis	2016														
	Neue Gymnastinnen	2012 und	junger						18:00-20:00					18:00-20:00		

Hallen Adresse:

Sporthallen "Sihlweid 1" (Oben), "Sihlweid 2"(unten), Sihlweidstrasse 5, 8041 Zürich

Sporthalle "Kern C", Kernstrasse 45, 8003 Zürich

Turnhalle "Sumatra 2", Freie Kath.Schule, Sumatrastrasse 31, 8006 Zürich

Turnhalle "Noam", Schulhausstrasse 19a;

Sporthalle "An der Egg 2" (rechts), Kilchbergstrasse 34, 8038 Zürich

Sporthalle "Lavater", Schulhausstrasse 1, 8002 Zürich

U-Minis: 1 bis 2 Mal in der Woche

Minis: 2 Mal in der Woche

Minis-P1: 3 Mal in der Woche

P1 und älter: ab 4 Mal in der Woche

