

Monatsplan Kadertraining Dezember 2019

lu	02.12.	16.30-19.00	A-/B-/C-Kader	Coque
		18.00-20.00	A-Kader	Coque
ma	03.12.	15.30-18.00	A-/B-/C-Kader	Coque
		18.00-20.00	Regionaltraining	Houwald
me	04.12.	07.30-09.20	Fitnessstraining COSL-Kader (LIHPS)	Coque
		07.50-09.20	Sports-Etudes	Coque
		15.30-18.00	A-/B-/C-Kader	Coque
			Regionaltraining	Lënster
		18.00-20.00	Regionaltraining	Lëntgen
je	05.12.	11.15-13.00	Sport-Etudes	Coque
		14.30-17.00	A-/B-/C-Kader	Coque
ve	06.12.	07.50-09.30	Sports-Etudes	Coque
		15.30-18.00	A-/B-/C-Kader	Coque
		18.00-20.00	Regionaltraining	Briddel
sa	07.12.	Kein Training		
lu	09.12.	16.30-19.00	A-/B-/C-Kader	Coque
		18.00-20.00	A-Kader	Coque
ma	10.12.	15.30-18.00	A-/B-/C-Kader	Coque
		18.00-20.00	Regionaltraining	Houwald
me	11.12.	07.30-09.20	Fitnessstraining COSL-Kader (LIHPS)	Coque
		07.50-09.20	Sports-Etudes	Coque
		15.30-18.00	A-/B-/C-Kader	Coque
			Regionaltraining	Lënster
		18.00-20.00	Regionaltraining	Lëntgen
je	12.12.	11.15-13.00	Sport-Etudes	Coque
		14.30-17.00	A-/B-/C-Kader	Coque
ve	13.12.	07.50-09.30	Sports-Etudes	Coque
		15.30-18.00	A-/B-/C-Kader	Coque
		18.00-20.00	Regionaltraining	Wëntger
		18.00-20.00	Regionaltraining	Briddel
sa	14.12.	09.30-11.30	B-/C-Kader/Förder- und Vereinstraining	Coque

lu	16.12.	16.30-19.00	A-/B-/C-Kader	Coque
		18.00-20.00	A-Kader	Coque
ma	17.12.	15.30-18.00	A-/B-/C-Kader	Coque
		18.00-20.00	Regionaltraining	Houwald
		09.30-12.00	Training Shanghai Team A-Kader	Coque
me	18.12.	07.30-09.20	Fitnessstraining COSL-Kader (LIHPS)	Coque
		07.50-09.20	Sports-Etudes	Coque
		15.30-18.00	A-/B-/C-Kader	Coque
			Regionaltraining	Lënster
		18.00-20.00	Regionaltraining	Lëntgen
		09.30-11.30	B-/C-Kader	Coque
		09.30-12.00	Training Shanghai Team A-Kader	Coque
je	19.12.	11.15-13.00	Sport-Etudes	Coque
		14.30-17.00	A-/B-/C-Kader	Coque
		11.15-13.30	B-/C-Kader	Coque
		09.30-12.00	Training Shanghai Team A-Kader	Coque
ve	20.12.	07.50-09.30	Sports-Etudes	Coque
		15.30-18.00	A-/B-/C-Kader	Coque
		18.00-20.00	Regionaltraining	Wëntger
		18.00-20.00	Regionaltraining	Briddel
		09.30-11.30	B-/C-Kader	Coque
		09.30-12.00	Training Shanghai Team A-Kader	Coque
sa	21.12.	Kein Training		
lu	23.12.	Kein Training		
ma	24.12.	Kein Training		
me	25.12.	Kein Training		
je	26.12.	Kein Training		
ve	27.12.	Kein Training		
sa	28.12.	Kein Training		
lu	30.12.	Kein Training		
ma	31.12.	Kein Training		

4.12.-8.12.	2019 ITTF Challenge Plus, North American Open	Markham (CAN)
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9.12.-15.12.	U21 & Road to Tokyo 2020 Training Camp	Mississauga (CAN)
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5.12.-8.12.	Benjaminvergleich	Coque (LUX)
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21.12.-22.12.	Internationaux Jeunes de Grand Est	Pont-à-Mousson (FRA)
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5.12.-8.12.	30th Finlandia Open	Lohja (FIN)
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