

## FAC Trainingsplan 2024/25

Heim							
Auswärts							
Süssenbrunn							
Landhaus							
Sonstiges							
KW 43	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Samstag	Sonntag
	21.10.2024	22.10.2024	23.10.2024	24.10.2024	25.10.2024	26.10.2024	27.10.2024
KM					Amstetten 18:00		
Damen-KM							Sportclub 14:00
AMA	19:30	19:45		19:30	18:00	Essling 18:00	
U18 NWZ	Kraftkammer	20:00		20:00	20:00	Kapfenberg 15:00	
U18 WFV	20:00	19:45	20:00		20:00		
U16 NWZ	18:00	18:15	18:30	17:30		Kapfenberg 12:30	
U16 WFV	18:00	18:15	18:30	17:30			
U15	18:00	18:00		18:00	18:00		
U14	18:00	17:30		18:00	16:30		
Individualtr.							
U14b - (U13)	16:30		16:30				
U13 - (U12)	16:30		Vösendorf FS	16:30			
U13-2 - (U12-2)							
U12 - (U11)		16:30	Austria Wien 17:00	16:30			
U12-2 - (U11-2)			Gerasdorf FS				
U11 - (U10)	16:30		Austria Wien 17:00	16:30			
U11 -2 - (U10-2)							
U10 - (U9)	16:30			16:30	15:30		
U10-2 - (U9-2)							
U9 - (U8)		Austria Wien 17:00	18:00		15:30		
U9-2 - (U8-2)							
U8 - (U7)		16:30		16:30			
U8-2 - (U7-2)							