Tréningový plán 15.-21.2024

	pondelok	15.4.	utorok	16.4.	streda	17.4.	štvrtok	18.4.	piatok	19.4.	sobota	20.4.	nedeľa	21.4.
muži	LF-pos LF-hala	18.30-19.30 19.30-21.00	DŠ-hala Rege	18.00-19.30 20.00-21.00	LF-pos LF-hala	19.00-20.00 20.00-21.00	**NZ**	**19.00**	LF-hala	18.30-20.00				
BHA			Zapka	20.00-21.30									**DS**	**18.00**
ženy	Zapka-výb Zapka-pos	18.30-20.00			**DŠ-PZ-MA**	**18.00-19.30**	LF-pos LF-hala	17.00-18.00 18.00-19.30			**HK AS TN**	**16.00**		
stdci	LF-pos LF-hala	17.30-18.30 18.30-19.30	Zapka+ výbeh	18.30-20.00	LF-pos LF-hala	19.00-20.00 18.00-19.00	**LF-RCH-CH**	**16.00-18.00**	LF-pos LF-hala	16.30-17.30 17.30-18.30	**Bojnice**	**16.15**		
mldci	LF-hala LF-pos	17.30-18.30 18.30-19.30	Zapka+ výbeh	17.30-19.00	LF-pos LF-hala	19.00-20.00 18.00-19.00	**LF-RCH-CH**	**16.00-18.00**	LF-hala LF-pos	16.30-17.30 17.30-18.30	**Bojnice**	**14.15**		
stdky	Zapka-výb Zapka-pos	18.30-20.00			**DŠ-PZ-MA**	**18.00-19.30**	LF-pos LF-hala	17.00-18.00 18.00-19.30	DŠ-hala	18.30-20.00	**LF-PO**	**13.00**		
mldky			DŠ-hala DŠ-pos	16.30-18.00 18.00-18.45	DŠ-hala	16.30-18.00	LF-pos LF-hala	17.00-18.00 18.00-19.30	DŠ-hala	18.30-20.00	**LF-PO**	**14.45**		
stžky A	Gercenka	16.30-18.00	DŠ-hala	15.30-17.00			DŠ-hala	15.15-16.45	DŠ-Stup A	16.15			**DŠ**	**Danube Cup**
stžky B	Gercenka	16.30-18.00	DŠ-hala	15.30-17.00			DŠ-hala	15.15-16.45	DŠ-Stup B	17.15			**DŠ**	**Danube Cup**
mlžky A	Zapka	17.15-18.30			DŠ-hala	15.00-16.30	Romanova	15.30-17.00	DŠ-hala	14.30			**DŠ**	**Danube Cup**
mlžky B	Zapka	16.30-17.30			Zapka	16.30-17.30							**DŠ**	**Danube Cup**
stžci A	DŠ-hala	16.30-18.00	Romanova	16.30-18.00			Romanova	17.00-18.30	**MA**	**16.45**				
stžci B	DŠ-hala	16.30-18.00	Romanova	16.30-18.00			Romanova	17.00-18.30						
mlžci A	DŠ-hala	15.00-16.30	Romanova	15.00-16.30	**Strediská-NZ**	**9.00-13.00**	Romanova	17.00-18.30	**PK**	**17.00**				
mlžci B			Zapka	16.30-18.00	**Strediská-NZ**	**9.00-13.00**	Zapka	16.30-18.00	DŠ-hala	14.30-16.00				
mlžci C			Zapka	15.30-16.30			Zapka	15.30-16.30	DŠ-hala	14.30-16.00				
mlžci PB														
príprav D	Zapka	15.30-16.30			Zapka	15.30-16.30							**DŠ**	**Danube Cup**
Noví hráči					Zapka	17.30-18.30								
Loptoškôlka			Zapka	15.30-16.30										
Projekt	**DŠ-TP-D**	**12.30-14.30**	**DŠ-TP-CH**	**12.30-14.30**										