

Montag	Athletiktraining AT1 07.30 – 09.00 in Steinhausen (D&R Performance)	Lunchtraining LT1 12.00– 13.00 in Cham (Röhrliberg)		
Dienstag	Athletiktraining AT2 07.30 – 09.00 in Steinhausen (D&R Performance)	Morgentraining MT1 07.30 – 09.00 in Zug (Stadthalle)	Training** MT3 15.30 – 17.00 in Cham (Röhrliberg)	
Mittwoch		Lunchtraining LT2 12.15 – 13.15 in Rotkreuz (Waldegg)	Grossfeld GF1 – 13.15-14.30* MU14 14:30 – 15.45 FU17 15.45 – 17.00 in Rotkreuz (Waldegg)	Skills SK1 – 14.00-15.30* SK2 – 15.30-16.30** in Zug (Schützenmatt)
Donnerstag	Morgentraining MT2 07.30 – 09.00 in Zug (Stadthalle)	Morgentraining** MT4 07.30 – 09.00 in Cham (Röhrliberg)		
Freitag		Lunchtraining LT3** 12.15 – 13.15 in Zug (Guthirt)		