

Trainingsplan Sportvereinigung Stuttgart-Ost 2018/2019

| Zeit/Tag | Montag | | | Dienstag | | | | Mittwoch | | | | Donnerstag | | | | Freitag | | | | | | |
|---------------|------------------------|------|-----|------------------------|-----------|----|---------------|------------------------|----------|----|------------------------|------------|-----------|---------------|------------------------|---------|---------|---------------|----|----|-----|-----------|
| | Rasen / Kunstrasen Ost | | | Rasen / Kunstrasen Ost | | | Kunstrasen 96 | Rasen / Kunstrasen Ost | | | Rasen / Kunstrasen Ost | | | Kunstrasen 96 | Rasen / Kunstrasen Ost | | | Kunstrasen 96 | | | | |
| 17:00 - 17:15 | | | | | | | | | | | | | | | | E2 | Bambini | | | | | |
| 17:15 - 17:30 | | | | | | | | | | | | | | E1 | D | E2 | Bambini | | | | | |
| 17:30 - 17:45 | | | | F | E 1 | E2 | E3 | D | | | | | | E1 | F | D | E2 | Bambini | | | E3 | |
| 17:45 - 18:00 | | | | F | E 1 | E2 | E3 | D | | | | | | E1 | F | D | E2 | Bambini | | | E3 | |
| 18:00 - 18:15 | | C1+2 | | F | E 1 | E2 | E3 | D | MC | MD | ME | A | C1+2 | E1 | F | D | E2 | Bambini | MC | MD | A | E3 |
| 18:15 - 18:30 | | C1+2 | | F | E 1 | E2 | E3 | D | MC | MD | ME | A | C1+2 | E1 | F | D | E2 | Bambini | MC | MD | A | E3 |
| 18:30 - 18:45 | | C1+2 | | F | E 1 | E2 | E3 | D | MC | MD | ME | A | C1+2 | E1 | F | D | E2 | Bambini | MC | MD | A | E3 |
| 18:45 - 19:00 | | C1+2 | | F | E 1 | E2 | E3 | D | MC | MD | ME | A | C1+2 | F | | | | | MC | MD | A | E3 |
| 19:00 - 19:15 | Frauen II | C1+2 | OFK | | | | | | MC | MD | ME | A | C1+2 | | | | | | MC | MD | A | Frauen II |
| 19:15 - 19:30 | Frauen II | C1+2 | OFK | | | | | | MC | MD | ME | A | C1+2 | | | | | | MC | MD | A | Frauen II |
| 19:30 - 19:45 | Frauen II | | OFK | Herren I | Herren II | | | | Frauen I | | AH | Herren I | Herren II | | | | | Frauen I | | | | Frauen II |
| 19:45 - 20:00 | Frauen II | | OFK | Herren I | Herren II | | | | Frauen I | | AH | Herren I | Herren II | | | | | Frauen I | | | | Frauen II |
| 20:00 - 20:15 | Frauen II | | OFK | Herren I | Herren II | | | | Frauen I | | AH | Herren I | Herren II | | | | | Frauen I | | | | Frauen II |
| 20:15 - 20:30 | Frauen II | | OFK | Herren I | Herren II | | | | Frauen I | | AH | Herren I | Herren II | | | | | Frauen I | | | OFK | Frauen II |
| 20:30 - 20:45 | | | | Herren I | Herren II | | | | Frauen I | | AH | Herren I | Herren II | | | | | Frauen I | | | OFK | |
| 20:45 - 21:00 | | | | Herren I | Herren II | | | | Frauen I | | AH | Herren I | Herren II | | | | | Frauen I | | | OFK | |
| 21:00 - 21:15 | | | | | | | | | | | | | | | | | | | | | OFK | |
| 21:15 - 21:30 | | | | | | | | | | | | | | | | | | | | | OFK | |
| 21:30 - 21:45 | | | | | | | | | | | | | | | | | | | | | OFK | |
| 21:45 - 22:00 | | | | | | | | | | | | | | | | | | | | | | |
| 22:00 - 22:15 | | | | | | | | | | | | | | | | | | | | | | |
| 22:15 - 22:30 | | | | | | | | | | | | | | | | | | | | | | |

- MC MD ME => Mittwoch ungede Kalenerwoche (KW) auf dem Rasenplatz
- A => gerade Kalenerwoche (KW) auf dem Rasenplatz
- MC E2 MD => Freitag ungede Kalenerwoche (KW) auf dem Rasenplatz
- OFK => hauptsächlich auf dem Rasen aber in Absprache mit Herren I+II und Frauen I

E+D-Juniorinnen, Bambini und E2-Jugend im Winter in der Halle (Oktober bis März)