

Tennis-Trainingsplan TC RW Nierstein / Sommer '24

| | Montag | | Dienstag | | Mittwoch | | Donnerstag | | Freitag | |
|----------------|---|---|---------------------------------------|---|---------------------------------------|---------------------------------------|---|--|--------------------------------------|---|
| | Pl. 5 | Pl. 4 | Pl.5 | Pl.4 | Pl. 5 | Pl.4 | Pl.5 | Pl.4 | Pl.5 | Pl.4 |
| 14 - 15 Uhr | | | | | | | Mats Lionel Constantin Paul | <u>Ballschule:</u> | Madelaine Lara Anna | Lia Paula Helene |
| | Pelle Frederik Fynn Niklas | | Lisa Laura Marie Johanna | | | | | | | |
| 15 - 16 Uhr | | | | | | <u>Ballschule:</u> Aaron Luise | | Frederik Lias Jonathan Anton | Leni Charlie Mats Mio | David W. Maxi T. David V. |
| | Hannah Lisa Laura Marie | Oscar Theo,Ben Christian Moritz | Ben Ke. Mio Berkan Bo | Luca Felix Paolo Daniel | Henry Matthieu Marten Freddy | Jolina Sophie Charlotte | Lenn,Helena Valentin Moritz Leonardo | Paul Elias Emil Leonard | Finn Sebastian Amelie | Anni Melanie Kerstin Ulrike |
| 17 - 18 Uhr | Leonie Max M. Tristan | Hannah G. Marie Luisa Hannah H. | Luise Erik Gustav Joshua | Martha Leonie M. | Gustav Finn Phil Jonas | Josef Tom Florian Lars, Luis | Hannah Anne Johanna | David Max Nils | Leontine | Janne Jana Emma Jona |
| 18 - 19 Uhr | Nola Luis Louis M. Ben H. | Barbara Antje Gritt Kristina | Fabian Sebastian Finn Max M. | Lasse Niklas Levin Aaron | Konstantin Lennart Lucas Jan | Leonie Helena Paula Eleonora | Mathieu Henri Christian Malte | David Dario Hannes Julius | Anne Rosina Marieke Marlene | Valentin Inara Dananya Leonie M. |
| 19 - 20 Uhr | Mathieu Henri Christian Malte | Jessica Franziska Katja Florence | Herren 40 | Stefanie Miriam Elli Christine | Mara Lea Amelie | Paul Silas Marlin Julius | Herren 30 | Ben Benedict Christian Thomas | | |
| 20 - 21 Uhr | Katrin Christine Sarah Christina | | Luca Hannes Lasse Nico | | | | Herren 30 | | | |