



selvaclub sagogn

## Trainingsplan

Datum	Zeit	Was
05-01-2019	09:30-11:30	Skating
06-01-2019		Schnuppertag
08-01-2019	18:30-20:00	Skating
<b>11-13. 01.2019</b>		<b>Hochäderich</b>
15-01-2019	18:30-20:00	Skating
<b>19-01-2019</b>		<b>EAC Castrisch</b>
22-01-2019	18:30-20:00	Skating
<b>26-01-2019</b>		<b>EAC Sedrun</b>
29-01-2019	18:30-20:00	Classic
<b>02-02-2019</b>		<b>J+S Klosters</b>
05-02-2019	18:30-20:00	Classic
09-02-2019	09:30-11:30	Classic
12-02-2019	18:30-20:00	Classic
<b>16-02-2019</b>		<b>EAC Trun</b>
19-02-2019	18:30-20:00	Skating
23-02-2019	09:30-11:30	Skating
26-02-2019	18:30-20:00	Skating
02-03-2019	09:30-11:30	Skating
05-03-2019	18:30-20:00	Skating
09-03-2019	09:30-11:30	Stocklauf
<b>16-03-2019</b>		<b>Abschluss EAC Sagogn</b>

**Abmelden unter [jo-selvasagogn@hotmail.com](mailto:jo-selvasagogn@hotmail.com)!**