

Trainingszeiten SFD-Fußball 2025/26(Stand vom 11.07.2025),

**Neu-Start ab Saison 2025/26 Hinweis: links = linke Seite, rechts = rechte Seite**

| Montag                      | Montag          | Dienstag                     | Dienstag                                                                    | Mittwoch                  | Mittwoch        | Donnerstag                                   | Donnerstag                                   | Freitag                     | Freitag                      |
|-----------------------------|-----------------|------------------------------|-----------------------------------------------------------------------------|---------------------------|-----------------|----------------------------------------------|----------------------------------------------|-----------------------------|------------------------------|
| KURA<br>Dönberg             | KURA<br>Dönberg | KURA<br>Dönberg              | KURA.<br>Dönberg                                                            | KURA<br>Dönberg           | KURA<br>Dönberg | KURA<br>Dönberg                              | KURA<br>Dönberg                              | KURA<br>Dönberg             | KURA<br>Dönberg              |
| 17:00 - 18:30               | 17:00 - 18:30   | 17:00 - 18:30                | 17:00 - 18:30                                                               | 17:00 -18:30              | 17:00 -18:30    | 17:00 - 18:30                                | 17:00 - 18:30                                | 17:00 - 18:30               | 17:00 – 18:30                |
| G1 (2019)<br>+<br>G2 (2020) | D1(2013)        | E3(2016)<br>+<br>F1(2017)    | Platzhalter TW<br>+<br>E1(2015)                                             | E2(2016)<br>+<br>F2(2018) | D2(2014)        | F1(2017)<br>+<br>E3(2016)                    | D1 (2013)                                    | E2(2016)<br>+<br>E1(2015)   | F2(2018)<br>+<br>D2 (2014)   |
| 18:30 - 20:00               | 18:30-20:00     | 19:00 - 20:15                | 18:30 - 20:00                                                               | 18:30 -20:00              | 18:30 – 20:00   | 18:30 - 20:00                                | 18:30 - 20:00                                | 18:30 - 20:00               | 18:30 - 20:00                |
| - C1                        | - C2            | - Alte Herren                | - B2                                                                        | - C2                      | - B1            | - A1                                         | -C1                                          | B2                          | - B1                         |
| 20:00 - 21:30               | 20:00 - 21:30   | 20:15 - 21:30                | 20:00 - 21:30<br>- Senioren 1.<br>Mannschaft<br>ggf. Stabi-<br>Training der | 20:00 - 21:30<br>- Frauen | 20:00 - 21:30   | 20:00 - 21:30<br>- Senioren 1.<br>Mannschaft | 20:00 - 21:30<br>- Senioren 1.<br>Mannschaft | 20:00 - 21:30<br>- Frauen   | 20:00 - 21:30<br>-           |
| -A1                         | - Gehörlose     |                              |                                                                             |                           |                 |                                              |                                              |                             |                              |
| <b>Halle</b>                |                 | <b>Halle</b>                 |                                                                             | <b>Halle</b>              |                 | <b>Halle</b>                                 |                                              | <b>Halle Freitag</b>        | <b>Halle Samstag</b>         |
| 17:00 - 18:00<br>- G3       |                 | 17:00 - 18:30<br>-BSportteam | Ggf. nutzbar<br>ab 16:30 Uhr                                                | 17:00 - 18:30<br>- G2     | 18:30 – 20:00   | 17:00 - 18:30<br>- G1                        |                                              | 17:30-19:00<br>-Fußballteam | 13:00-18:00<br>- vorläufig - |