

TRÉNINKOVÝ PLÁN / LÉTO 2023

| | 8:00-9:00 | 9:00-10:00 | 10:00-11:00 | 11:00-12:00 | 12:00-13:00 | 13:00-14:00 | 14:00-14:30 | 14:30-15:00 | 15:00-15:30 | 15:30-16:00 | 16:00-16:30 | 16:30-17:00 | 17:00-17:30 | 17:30-18:00 | 18:00-18:30 | 18:30-19:00 | 19:00 - 20:00 | |
|----|-----------|---------------------|--------------------|-------------|-------------|-------------|----------------|-------------------------|-------------------------|----------------------------------|-------------|-------------|-------------|-------------|-------------|-------------|---------------|--|
| PO | | | | | | | BERGEROVÁ (PK) | VANTUCH,PIEŠŤANSKÝ (RR) | CHALOUPKOVÁ (NO) | FISCHEROVÁ (NO) | KOLBEL (RR) | | | | | | | |
| | | | | | | | | PRESTECKÝ, BERGEROVÁ | CHROBÁK, KOVALSKÁ J. | VYCHODILOVÁ | VABROUŠEK | | | | | | | |
| | | | | | | | | CHROBÁKOVÁ (NO) | NEČESALOVÁ, JAUS | KONDICE / POHYBOVKA SKUPINA 2 | | | | | | | | |
| | | | | | | | | BRADNA (RR) | | | | | | | | | | |
| | | | | | | | | | HANZEL,KOVALSKÁ T. | | | | | | | | | |
| | | | | | | | | | MIKULKA, HOLOUBEK (TM) | | | | | | | | | |
| | | ŠKOLKA (NO, DJ) | ŠKOLKA (NO, DJ) | | | | | | JURÁŠOVÁ,JUREČKOVÁ, | JAUŠOVÁ, HOLUŠOVÁ | | | | | | | | |
| | | | | | | | | | MACKOVÁ, CHALOUPKA (BZ) | VČELKOVÁ (BZ) | | | | | | | | |

| | 8:00-9:00 | 9:00 - 10:00 | 10:00-11:00 | 11:00-12:00 | 12:00-13:00 | 13:00-14:00 | 14:00-14:30 | 14:30-15:00 | 15:00-15:30 | 15:30-16:00 | 16:00-16:30 | 16:30-17:00 | 17:00-17:30 | 17:30-18:00 | 18:00-18:30 | 18:30-19:00 | 19:00 - 20:00 | |
|----|-----------|--------------|-------------|-------------|-------------|--------------------|---------------------|-------------|--------------|------------------|----------------|--------------|-------------|-------------|-------------|-------------|---------------|--|
| ÚT | | | | | | | PIEŠŤANSKÝ (RR) | | KONDICE (RR) | MORAVEC, HOLÝ | KANIOVÁ V (RR) | | | | | | | |
| | | | | | | | BERGEROVÁ, PRSTECKÝ | | | ZEMANOVÁ (RR) | | | | | | | | |
| | | | | | | 13:30 HAVLOVÁ (PK) | | | | VANKOVÁ (NO) | | | | | | | | |
| | | | | | | | | | | PURMENSKÝ | | | | | | | | |
| | | | | | | | | | | SUBÍKOVÁ, PROKOP | | HUSÁRIK (BZ) | | | | | | |
| | | | | | | | | | | ŠUGAROVÁ E, (BZ) | | FISCHEROVÁ | | | | | | |

| | 8:00-9:00 | 9:00-10:00 | 10:00-11:00 | 11:00-12:00 | 12:00-13:00 | 13:00-14:00 | 14:00-14:30 | 14:30-15:00 | 15:00-15:30 | 15:30-16:00 | 16:00-16:30 | 16:30-17:00 | 17:00-17:30 | 17:30-18:00 | 18:00-18:30 | 18:30-19:00 | 19:00 - 20:00 |
|----|-----------|------------|-------------|-------------|-------------|-------------|-------------|-------------|-----------------------|---------------|---------------------|------------------|-------------|-------------|-------------|-------------|---------------|
| ST | | NTA | NTA | NTA | ANGLIČTINA | | NTA | NTA | NTA | BRADNOVÁ (RR) | BRADNA | HOLOUBEK | ZEMANOVÁ | | | | |
| | | | | NTA | | | | | VABROUŠEK, CHROBÁKOVÁ | JAUS (RR) | KOVALSKÁ T(RR) | HOLÝ (RR) | | | | | |
| | | NTA | NTA | NTA | | | NTA | NTA | NTA | | SCHEIBINGER | SCHEIBINGER | | | | | |
| | | | | | | | | | | | HOLÝ | HOLÝ, VANĚK (BZ) | | | | | |
| | | | | | | | | | | | KOVALSKÁ J, CHROBÁK | | | | | | |
| | | | | | | | | | | | CHALOUPKOVÁ (BZ) | | | | | | |

| | 7:30-8:30 | 9:00-10:00 | 10:00-11:00 | 11:00-12:00 | 12:00-13:00 | 13:00-14:00 | 14:00-14:30 | 14:30-15:00 | 15:00-15:30 | 15:30-16:00 | 16:00-16:30 | 16:30-17:00 | 17:00-17:30 | 17:30-18:00 | 18:00-18:30 | 18:30-19:00 | 19:00 - 20:00 |
|--|-----------|------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|-------------|---------------|
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| ČT | | | | | | | | BERGEROVÁ (PK) | HOLÝ (RR) | KONDICE (RR) | ŠUGAROVÁ,KANIOVÁ (RR) | KOLBEL (RR) | |
| | | | | | | | | HAVLOVÁ | | | SUBÍKOVÁ, JUREČEK | KUBÍČEK | |
| | | | | | | | | HAVLOVÁ (RR) | MORAVEC | VANKOVÁ (PK) | VABROUŠEK,VYCHODILOVÁ | CHROBÁKOVÁ (PK) | |
| | | | | | | | | BERGEROVÁ | | | FISCHEROVÁ (PK) | | |
| | | | | | | | | PRSTECKÝ (PK) | | | | | |
| MINI | | | | | | | | | | | | | |
| | | | | | | | | | | | KANIOVÁ, JUREČKOVÁ | | |
| | | | | | | | | | | | STIBOR,VINKLER (DJ) | | |
| | | | | | | | | | | | ŠUGAROVÁ B, (DJ) | | |

| | | | | | | | | | | | | | | | | | | | |
|----|--|-----------|------------|-------------|-------------|-------------|-------------|------------------|----------------------|----------------------|---------------|----------------------|-------------|-------------|-------------|-------------|-------------|---------------|--|
| PÁ | | 8:00-9:00 | 9:00-10:00 | 10:00-11:00 | 11:00-12:00 | 13:00-13:30 | 13:30-14:00 | 14:00-14:30 | 14:30-15:00 | 15:00-15:30 | 15:30-16:00 | 16:00-16:30 | 16:30-17:00 | 17:00-17:30 | 17:30-18:00 | 18:00-18:30 | 18:30-19:00 | 19:00 - 20:00 | |
| | | | | | | | | NEČESALOVÁ, JAUS | BERGEROVÁ, PRSTECKÝ | PIEŠŤANSKÝ, ZEMANOVÁ | ZEMANOVÁ (RR) | HUSÁRIK, VZOREK (RR) | | | | | | | |
| | | | | | | | | BRADNA (RR) | | | | | | | | | | | |
| | | | | | | | | | PIEŠŤANSKÝ, BRADNOVÁ | BERGEROVÁ | | | | | | | | | |
| | | | | | | | | | PRSTECKÝ (ZÁPAS) | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | |
| | | | | | | | | | | | | | | | | | | | |

KONDICE - POVINNÉ PRO VŠECHNY HRÁČE V NTA A HRAJÍCÍ DRUŽSTVA !!!!

KONDICE SKUPINA 2 - URČENA PRO HRÁČE BABY TENIS A HRAJÍCÍ NA 3/4 DVORCI + ML.ŽÁCI (VABROUŠEK, KOLBEL,KOVALSKÁ T, JAUS, NEČESALOVÁ,HOLOUBEK M

DĚTI **ZELENĚ** OZNAČENÉ JSOU MINITENIS-HRAJÍ NA MALÉM DVORCI

OSTATNÍ DĚTI HRAJÍ NA ZKRÁCENÉM DVORCI NEBO VELKÉM DVORCI

NTA - BERGEROVÁ,PRSTECKÝ,PIEŠŤANSKÝ,CIENCALOVÁ, MORAVEC, STAVĚLA, HLADKÁ, HRAZDÍLKOVÁ, VANTUCHA,ŠTIKA,

