

Mandag / Monday Marienlyst					
Bill	Miro	David	Karolina	Fitness and Conditioning	Homework / Study
Bane 1-2 <u>08:00 - 10:00</u> Futures			Bane 1-2 <u>08:00 - 10:00</u> Futures		
Bane 1 <u>15:00 - 16:00</u> Head Coach	Bane 2 <u>15:00 - 16:00</u> Hitting Session Available \$	Bane 3 <u>15:00 - 16:00</u> Haris	Bane 4 <u>15:00 - 16:00</u> TCO SELECT	<u>15:30 - 16:00</u> Posted Warm Up for Players in 16:00 Group	
Bane 1 <u>16.00-17.00</u> TCO SELECT	Bane 2 <u>16:00 - 17:00</u> Armin, Ida Alexander,	Bane 3 <u>16.00-17.00</u> Klara, Jeppe, Simone, Sofie (Karolina)	Bane 4 <u>16.00-17.00</u> TCO SELECT TBD (David)	<u>17:00 - 17:30</u> TCO KTK Posted Warm Up	FYSIK / KEMI <u>16.00 - 17.00</u>
Bane 1-2 <u>17.00-19.00</u> TCO - KTK Nicoline, Sofie, Camilla, Nadja	Bane 1-2 <u>17.00-19.00</u> TCO - KTK Haris, Frederik, Rasmus, Plus 1	Bane 3 <u>17:00 - 19:00</u> TCO - KTK Nikolaj, Philip, Mathies, Marcus	Bane 4 <u>17.00-19.00</u> Sofie H, Regitze, Katrine, Lea or Line		FYSIK / KEMI <u>18.00 - 19.00</u>
Bane 1 <u>19.00-20.00</u> Senior træning Niveau 3 (12) (Karolina and David)	Bane 2 <u>19.00-20.00</u> Senior træning Niveau 3 (12) (Karolina and David)	Bane 3 <u>19.00-20.00</u> Senior træning Niveau 3 (12) (Karolina/ David)	Bane 4 <u>19:00-20:00</u> TCO SELECT (Miro)	Fitness Area <u>19:00 - 19:30</u> TCO KTK WOD w/Bill and Eddy	Lektiecafe <u>19.30 - 20.30</u>

Tirsdag / Tuesday Marienlyst				
Bill	Karolina / Nils	Georg	Fitness and Conditioning	Homework / study
Bane 1	Bane 2 <u>7:00 - 8:30</u> Sponsor Training	Bane 3	In Strength and Conditioning Area outside of courts	
Bane 1-3	Bane 1-3 <u>08:00 - 10:00</u> Competitive Group	Bane 1-3 <u>08:00 - 10:00</u> Competitive Group		
	Bane 2 <u>55+</u> Kl.10:00-12:00 (6) (Nils)			
Bane 1 <u>15:00- 16:00</u> Head Coach	Bane 2 <u>15.00-16.00</u> TCO SELECT	Bane 3 <u>15.00-16.00</u> Fredrik JVS, Liam, Stella, Maria H.		
Bane 1 <u>16.00-17.00</u> Lars Peter Sandra Feline Guy (Georg)	Bane 2 <u>16.00-17.00</u> Tal, Philip, Samin, Jonas		<u>16:00 - 17:00</u> WOW w/Bill Selected Players	ENGLISH Lekti cafe <u>15.30 - 16.30</u>
Bane 1 <u>17.00-18.00</u> TCO SELECT (Bill)	Bane 2 <u>17:00-18:00,</u> TCO SELECT (Georg)		<u>17:30 -18:00</u> TCO KTK Posted Warm Up	ENGLISH Lekti cafe <u>17.30 - 18.30</u>
Bane 1 18:00 - 20:00 TCO KTK Special Train- ing	Bane 2-3 <u>18.00-20.00</u> TCO KTK Special Training	Bane 2-3 <u>18.00-20.00</u> TCO KTK Special Train- ing		

Onsdag/Wednesday Marienlyst Indoor				
Bill	Karolina	David / Georg	Fitness and Conditioning	Homework / study
Bane 1 <u>15:00 - 16:00</u> Head Coach	Bane 2 <u>15:00 - 16:00</u> TCO SELECT	Bane 3 <u>15:00 - 16:00</u> Hitting Ses- sion Availa- ble \$		
Bane 1 <u>16.00-17.00</u> TCO SELECT	Bane 2 <u>16.00-17.00</u> , Hana, Sophia, Maria Nyholm, Line	Bane 3 <u>16.00-17.00</u> Frederik JVS, Liam, Jeppe	 <u>16:30 - 17:00</u> Posted Warm Up for 17:00 Groups	MATEMATIK <u>15.30-16.30</u>
Bane 1 <u>17:00 - 18:00</u> TCO SELECT	Bane 2-3 <u>17:00 - 18:00</u> Ida, Simone, Lea, Katrine	Bane 2-3 <u>17.00-18.00</u> Armin Alexander isak	 <u>17:30 - 18:00</u> Posted Warm Up for Interested Players from 18:00 Group	Lektiecafe <u>16.30 - 17.30</u>
Bane 1-3 <u>18.00-20.00</u> Jesper, Mads, Claus, Alex, Christian W.	Bane 1-3 <u>18.00-20.00</u> Frederik F., Ras- mus, Haris, David	Bane 1-3 <u>18:00 - 20:00</u> Per, Kevin, Lasse Johnny (Georg)	 <u>18:00 - 18:30</u> Posted WOD for Players from 17:00 Groups	MATEMATIK <u>17.30-18.30</u>

Torsdag / Thursday Marienlyst Indoor					
Bill / Miro	David	Karolina	Georg	Fitness and Conditioning	
Bane 1-3 <u>08:00 - 10:00</u> Competitive Group		Bane 1-3 <u>08:00 - 10:00</u> Competitive Group			
Bane 1 <u>15:00 - 16:00</u> Head Coach	Bane 2 <u>15:00 - 16:00</u> Maria H	Bane 3 <u>15:00 - 16:00</u> TCO SELECT			
Bane 1 <u>16:00-17:00</u> Jeppe, Klara Sofie , Fredrik JVS (Miro)	Bane 2 <u>16:00-17:00</u> Sandra, Feline, Guy, Add One Player	Bane 3 <u>16:00-17:00</u> Stella, Liam Maria H. Add One Player	Bane 4 <u>16:00 - 17:00</u> Samin, Lars Peter, Phillip, Tal	<u>16:00 - 17:00</u> WOW w/Bill Selected Players	ENGLISH <u>15.30-16.30</u>
Bane 1 <u>17:00 - 18:30</u> TCO SELECT	Bane 2 <u>17:00 - 18:30</u> Oliver, Mathies, Isak, Alexander	Bane 3 <u>17:00-18.30</u> TCO SELECT	Bane 4 <u>17:00-18.30</u> Line, Ida, Simone, Maria Nyholm		ENGLISH <u>Lektiecafe</u> <u>17.00-18.00</u>
Bane 1-4 <u>18.30-20.00</u> Rasmus, Carsten, David, Sebastian, Chris- tian W., Lars, Fleming, Fredrik, Haris, Benjamin	Bane 1-4 <u>18.30-20.00</u> Rasmus, Carsten, David, Sebastian, Christian W., Lars, Fleming, Fredrik, Haris, Benjamin	Bane 1-4 <u>18.30-20.00</u> Rasmus, Carsten, Da- vid, Sebastian, Christian W., Lars, Fleming, Fredrik, Haris, Benja- min	Bane 4 <u>18:30 - 20:00</u> Rasmus, Carsten, David, Sebastian, Christian W., Lars, Fleming, Fredrik, Haris Benjamin		DANSK <u>Lektiecafe</u> <u>19.00-20.00</u>

Fredag / Friday Marienlyst		
Bill	Karolina	Fitness and Conditioning
Bane 1 <u>15.00-16.00</u> Head Coach	Bane 2 <u>15.00-16.00</u> TCO SELECT	<u>15:30 - 16:00</u> Competitive and Development Group Posted Warm Up
Bane 1-2 <u>16.00-18.00</u> Competitive Group AND Future Training	Bane 1-2 <u>16.00-18.00</u> Competitive Group AND Futures Training	
Bane 1 18:00 - 19:00 TCO SELECT	Bane 2 <u>18:00 - 19:00</u> New Group TBD Sofie, Klara, Add TWO players	<u>18:00 - 18:30</u> Competitive Group AND Futures WOW w/Bill