

# Dezember 16

## Monatsplan NLA SCL Tigers

	<b>MONTAG</b>	<b>DIENSTAG</b>	<b>MITTWOCH</b>	<b>DONNERSTAG</b>	<b>FREITAG</b>	<b>SAMSTAG</b>	<b>SONNTAG</b>
48	28.11.2016	29.11.2016	30.11.2016	01.12.2016	02.12.2016	03.12.2016	04.12.2016
	Ice Training 10.00- 12.00	Ice Training 11.00- 12.00  19:45 Uhr SCL Tigers - Biel	Ice Training 12.00 - 13.15	Ice Training 11.15 - 13.15	Ice Training 11.00- 12.00  19:45 Uhr SCL Tigers - Genf	Ice Training 11.00- 12.00  19:45 Uhr Ambri - SCL Tigers	Regeneration
49	05.12.2016	06.12.2016	07.12.2016	08.12.2016	09.12.2016	10.12.2016	11.12.2016
	Ice Training 10.00- 12.00	Ice Training 11.00- 12.00	Ice Training 12.00 - 13.15	Ice Training 11.15 - 13.15	Ice Training 11.00- 12.00  19:45 Uhr SCL Tigers - ZSC	Ice Training 11.00- 12.00  19:45 Uhr Bern - SCL Tigers	Regeneration
50	12.12.2016	13.12.2016	14.12.2016	15.12.2016	16.12.2016	17.12.2016	18.12.2016
	DAY - OFF	DAY - OFF	DAY - OFF	Ice Training 15.45 - 17.15	Ice Training 11.00- 12.00	Ice Training 11.00- 12.15	Regeneration
51	19.12.2016	20.12.2016	21.12.2016	22.12.2016	23.12.2016	24.12.2016	25.12.2016
	Ice Training 10.00- 12.00	Ice Training 11.00- 12.00  19:45 Uhr SCL Tigers - Lausanne	Ice Training 12.00 - 13.15	Ice Training 11.15 - 13.15  19:45 Uhr Zug - SCL Tigers	Ice Training 11.00- 12.00  19:45 Uhr SCL Tigers - Davos	DAY - OFF	DAY - OFF
52	26.12.2016	27.12.2016	28.12.2016	29.12.2016	30.12.2016	31.12.2016	01.01.2017
	DAY - OFF	DAY - OFF	Ice Training 17:00 - 18:15	Ice Training 11.00 - 12.15	Ice Training 11.00 - 12.15	Ice Training 10.00- 11:15	Ice Training 16.00 - 17.30