

November 16



Monatsplan NLA SCL Tigers

	MONTAG	DIENSTAG	MITTWOCH	DONNERSTAG	FREITAG	SAMSTAG	SONNTAG
43	24.10.2016	25.10.2016	26.10.2016	27.10.2016	28.10.2016	29.10.2016	30.10.2016
	Ice Training 10.00- 12.00 and Workout/ Core	Ice Training 11.00- 12.00 20:00 Uhr CH-Cup Ticino - SCL Tigers	Ice Training 12.00- 13.15 and Workout/ Core Regeneration	Ice Training 11.15- 13.15 and Workout/ Core	Ice Training 11.00- 12.00 19:45 Uhr ZSC - SCL Tigers	Ice Training 11.00- 12.00 REHAP and WORKOUT	SWISS ICE HOCKEY DAY
44	31.10.2016	01.11.2016	02.11.2016	03.11.2016	04.11.2016	05.11.2016	06.11.2016
	Warm-Up 09.00 Ice Training 10.00 - 12.00 Uhr Workout: Gr.1 14.30- 16.00 Uhr Gr.2. 15.30- 17.00 Uhr	Warm-Up 10.00 Ice Training 11.00 - 13.15 Uhr Workout: Gr.1 15.30- 17.00 Uhr Gr.2. 16.30- 18.00 Uhr	Warm-Up 11.00 Ice Training 12.00 - 13.15 Uhr	DAY - OFF	DAY - OFF	DAY - OFF	DAY - OFF
45	07.11.2016	08.11.2016	09.11.2016	10.11.2016	11.11.2016	12.11.2016	13.11.2016
	Workout 14.15 Ice Training 15.45 - 17.15 Uhr	Ice Training 11.00- 13.15 and Workout/ Core	Ice Training 12.00- 13.15 and Workout/ Core	Ice Training 11.15- 13.15 and Workout/ Core	Ice Training 11.00- 12.00 19:45 Uhr Biel - SCL Tigers	Ice Training 11.00- 12.00 19:45 Uhr SCL Tigers- Kloten	Regeneration "Individuell"
46	14.11.2016	15.11.2016	16.11.2016	17.11.2016	18.11.2016	19.11.2016	20.11.2016
	Ice Training 10.00- 12.00 and Workout/ Core	Ice Training 11.00- 12.00 19:45 Uhr L'sanne- SCL Tigers	Ice Training 12.00- 13.15 and Workout/ Core	Ice Training 11.15- 13.15 and Workout/ Core	Ice Training 11.00- 12.00 19:45 Uhr SCL Tigers- Davos	Ice Training 11.00- 12.00 19:45 Uhr F'bourg- SCL Tigers	Regeneration "Individuell"
47	21.11.2016	22.11.2016	23.11.2016	24.11.2016	25.11.2016	26.11.2016	27.11.2016
	Ice Training 10.00- 12.00 and Workout/ Core	Ice Training 11.00- 12.00 1/4 Final: CH- Cup 19:45 Uhr SCL Tigers- ???	Ice Training 12.00- 13.15 and Workout/ Core	Ice Training 11.15- 13.15 and Workout/ Core	Ice Training 11.00- 12.00 19:45 Uhr SCL Tigers- Lugano	Ice Training 11.00- 12.00 19:45 Uhr Kloten- SCL Tigers	Regeneration "Individuell"