

### Trainingsplan FC Emmenbrücke Herbstrunde 2010

Zeit		Montag	Dienstag	Mittwoch	Donnerstag	Freitag
17.30 - 19.00	Gersag	Eb	Ea	F-Turnier a	Eb	F-Turnier a
17.30 - 19.00	Gersag	Db	Ca		Ca	Ec
17.30 - 19.00	Gersag	UN15 CCJLC	UN15 CCJLC		Ea	Db
18.00 - 19.30	Gersag			UN14		
19.00 - 20.30	Gersag	2. Liga inter	2. Liga inter	UN17 CCJLB	2. Liga inter	Da
19.00 - 20.30	Gersag	Senioren	Da	Ba	3. Liga II	
19.00 - 20.30	Gersag	Ba	3. Liga II	UN16	UN16	
20.30 - 22.00	Gersag	UN19	5. Liga III	UN20 CCJLA	A	UN20 CCJLA
20.30 - 22.00	Gersag	A	4. Liga		5. Liga III	4. Liga
17.00 - 18.30	Rüeggisingen	-	-	-		-
17.30 - 19.00	Hübeli	-	-	-	F-Turnier b / c	-
18.00 - 19.30	Riffig	-	-	Eb	-	-
19.00 - 20.30	Hübeli	-	Dc	-	Dc	-

20.07.10 / SPIKO FCE / Roman Omlin / provisorisch