

FC Rapperswil-Jona



Fussballschule

Jahrgänge
2014 / 2015

Trainingstage

1. Semester
2020 - 2021

| | AUG | SEPT | OKT | NOV | DEZ | JAN |
|----|----------------|-----------------|-----------------|----------------|-------------------|------------------|
| So | 31 | 36 | 40 | 44 | 49 | 1 |
| Mo | | | | | | |
| Di | | 1 | | | 1 | |
| Mi | | 2 | | | 2 | |
| Do | | 3 | 1 | | 3 | 1 |
| Fr | | 4 | 2 | | 4 | 1 |
| Sa | 1 | 5 Training 04 | 3 | 7 Training 09 | 5 Training 13 | 2 W'nachtsferien |
| So | 2 32 | 6 37 | 4 41 | 8 45 | 6 50 | 3 2 |
| Mo | 3 | 7 | 5 | 9 | 7 | 4 |
| Di | 4 | 8 | 6 | 10 | 8 | 5 |
| Mi | 5 | 9 | 7 | 11 | 9 | 6 |
| Do | 6 | 10 | 8 | 12 | 10 | 7 |
| Fr | 7 | 11 | 9 | 13 | 11 | 8 |
| Sa | 8 Sommerferien | 12 Training 05 | 10 | 14 Training 10 | 12 Training 14 | 9 Training 15 |
| So | 9 33 | 13 38 | 11 42 | 15 46 | 13 51 | 10 3 |
| Mo | 10 | 14 | 12 | 16 | 14 | 11 |
| Di | 11 | 15 | 13 | 17 | 15 | 12 |
| Mi | 12 | 16 | 14 | 18 | 16 | 13 |
| Do | 13 | 17 | 15 | 19 | 17 | 14 |
| Fr | 14 | 18 | 16 | 20 | 18 | 15 |
| Sa | 15 Training 01 | 19 Training 06 | 17 Herbstferien | 21 Training 11 | 19 W'nachtsferien | 16 Training 16 |
| So | 16 34 | 20 39 | 18 43 | 22 47 | 20 52 | 17 4 |
| Mo | 17 | 21 | 19 | 23 | 21 | 18 |
| Di | 18 | 22 | 20 | 24 | 22 | 19 |
| Mi | 19 | 23 | 21 | 25 | 23 | 20 |
| Do | 20 | 24 | 22 | 26 | 24 | 21 |
| Fr | 21 | 25 | 23 | 27 | 25 | 22 |
| Sa | 22 Training 02 | 26 Herbstferien | 24 Training 07 | 28 Training 12 | 26 | 23 Training 17 |
| So | 23 35 | 27 40 | 25 44 | 29 48 | 27 53 | 24 5 |
| Mo | 24 | 28 | 26 | 30 | 28 | 25 |
| Di | 25 | 29 | 27 | | 29 | 26 |
| Mi | 26 | 30 | 28 | | 30 | 27 |
| Do | 27 | | 29 | | 31 | 28 |
| Fr | 28 | | 30 | | | 29 |
| Sa | 29 Training 03 | | 31 Training 08 | | | 30 Sportferien |
| So | 30 | | | | | 31 |
| Mo | 31 | | | | | |