

Traingszeiten SGM Saison 2022/2023

| Hohenacker | Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|---------------|-------------------|-----------------|-------------------|-------------------|------------------|
| 16:30 - 17:00 | | | | | Bambini 1.FCH |
| 17:00 - 17:30 | E-Jugend 1.FCH | C-Jugend SGM | F-Jugend 1.FCH | E-Jugend 1.FCH | B-Jugend SGM |
| 17:30 - 18:00 | | | | | |
| 18:00 - 18:30 | | | | | |
| 18:30 - 19:00 | D2 + D3 SGM | Aktive 1.FCH | D3 SGM | C-Jugend SGM | |
| 19:00 - 19:30 | | | | | |
| 19:30 - 20:00 | | | | Aktive 1.FCH | |
| 20:00 - 20:30 | A-Jugend SGM | | AH 1.FCH | | |
| 20:30 - 21:00 | | | | | |
| 21:00 - 21:30 | | | | | |
| 21:30 - 22:00 | | | | | |

| Neustadt | Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|---------------|-----------------|---------------|-----------------|---------------|----------|
| 16:30 - 17:00 | | | | | |
| 17:00 - 17:30 | | | | | |
| 17:30 - 18:00 | F-Jugend | | E-Jugend | F-Jugend | E-Jugend |
| 18:00 - 18:30 | Bambini | B-Jugend | TSV | TSV | TSV |
| 18:30 - 19:00 | TSV | SGM | D1 | D2 | Bambini |
| 19:00 - 19:30 | | D1 | SGM | SGM | TSV |
| 19:30 - 20:00 | A-Jugend SGM | Aktive TSV | A-Jugend SGM | Aktive TSV | AH |
| 20:00 - 20:30 | | | | | TSV |
| 20:30 - 21:00 | | | | | |
| 21:00 - 21:30 | | | | | |