

Sommer-Trainingszeiten SSV Lok Bernau Saison 2023/2024 ab 21.08.23

| | Teams | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Coach |
|--------------------------|------------------------------------|----------------|---------------|--------------------|---------------|----------------|-----------|
| Ballspielgruppen | Eltern-Kind 1 (2,5 bis 4 Jahre) | | 16:00-17:30 1 | | | | Rene |
| | Eltern-Kind 2 (2,5 bis 4 Jahre) | | | | 16:00-17:00 1 | | Simone |
| | Ballschule 1 (2018) | | | | | 16:00-17:00 1 | Rene |
| | Ballschule 2 (2017) | | | | | 17:00-18:00 1 | Rene |
| Mix | U8 Mix (2016) | | 16:00-17:30 2 | | 16:00-17:30 6 | | Alejandro |
| | U9 Mix (2015) | 16:00-17:30 1 | | | 16:00-17:30 6 | | Andre |
| Jugend männlich | MU10-1 (2014) | | 17:30-19:00 1 | | | 18:00-19:30 1 | Rene |
| | MU10-2 (2014) | | | 17:00-19:00 WT | | 17:30-19:00 WT | Chris |
| | MU11-1 (2013) | 17:30-19:00 2 | | | 17:00-18:30 1 | | Henry |
| | MU11-2 (2013) | 17:30-19:00 2 | | | 16:00-17:30 6 | | Rene B. |
| | MU12-1 (2012) | 17:00-19:00 WT | | 17:30-19:00 1 | | | Anja |
| | MU12-2 (2012) | 17:00-19:00 WT | | 16:00-17:30 1 | | | Artem |
| | MU14-1 (2010/2011) | 17:00-19:00 WT | 17:30-19:00 2 | | 17:30-19:00 6 | | Alejandro |
| | MU14-2 (2010/2011) | | 16:00-17:30 3 | | 17:30-19:00 6 | | Artem |
| | MU14-3 (2010/2011) | | | 17:00-19:00 WT | | 16:00-17:30 3 | Hannes |
| | MU16-1 (2008/2009) | 19:00-21:00 WT | | 17:30-19:00 6 | | | David |
| | MU16-2 (2008/2009) | 17:30-19:00 3 | | | 19:00-20:30 2 | | Andreas |
| | JBBL (2008-2010) | 19:00-20:30 2 | | | | | Milan |
| | MU18 (2006/2007) | | | 20:30-22:00 6 | | 17:30-19:00 3 | Christian |
| | MU20 (2004/2005) | | | 20:30-22:00 6 | | 17:30-19:00 3 | Team |
| Jugend weiblich | WU10 (2014) | | | 17:00-19:00 WT | | 17:30-19:00 WT | Matze |
| | WU12 (2012/2013) | 17:30-19:00 1 | | | 17:30-19:00 6 | | Uwe |
| | WU14-1 (2010/2011) | 16:00-17:30 3 | | 17:30-19:00 6 | | 16:00-17:30 WT | Marco |
| | WU14-2 (2010/2011) | | | 17:30-19:00 6 | | 16:00-17:30 WT | Eva |
| | WU16 (2008/2009) | | 17:30-19:00 3 | | | 16:00-17:30 WT | Karo |
| | WU18 (2006/2007) | | 19:00-20:30 2 | | | 17:30-19:00 WT | Karo |
| Senioren u. Sportgruppen | Damen I | 19:00-20:30 1 | | 19:00-20:30 6 | 18:30-20:00 1 | | Leo |
| | Damen II | | | 19:00-20:30 6 | | 19:00-21:00 WT | Marcus |
| | Damen/Sen. | | 20:00-21:30 1 | | | | Brockmann |
| | Herren II | | | 19:00-21:00 WT | | 19:00-21:00 WT | Chris |
| | Herren III / ü35 | 20:30-22:00 2 | | 20:30-22:00 1 | | | Peter |
| | Herren IV | 20:30-22:00 1 | | | 20:30-22:00 2 | | Thorben |
| | Freizeit | | | 19:00-20:30 6 | | | Tobias R. |
| | Senioren Ü45 | | | 19:00-20:30 1 | | | Jens |
| | Senioren Ü65 | | | | | 19:30-21:00 1 | Ralf |
| | SG Moritz | | 19:00-20:00 1 | | | | N. Moritz |
| | Volleyball | 19:00-21:00 WT | | 19:00-21:00 WT | | | Michael |
| | Bergsteiger | | | 19:00-21:00 3 | | | M. Heß |
| | Fußball | | 20:30-22:00 2 | 18:30-20:30 Barnim | | | M. Löser |

Sporthallen

1 GS Blumenhag - Zepernicker Ch.
 2 OS am Rollberg- Ladeburger Ch.
 3 G.-Rollenhagen-GS - Jahnstr. 39
 NL Sporthalle Niebelungen - Kriemhildstraße

5 Jahnstraße
 6 Erich-Wünsch-Halle - Heinersdorfer Str.
 WT Wasserturmhalle - Schönower Ch.
 WF Sporthalle Gymnasium Waldfrieden