

Trainingszeiten SSV Lok Bernau Saison 2024/2025

| | Teams | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Kontakt |
|--------------------------|----------------------------|-------------------|------------------|-------------------|------------------|-------------------|---------|
| Ballspielgr. | Eltern-Kind 1 (2,5 - 4 J.) | | 16:00-17:15 (ZC) | | | | teams@ |
| | Eltern-Kind 2 (2,5 - 4 J.) | | | | 16:00-17:00 (ZC) | | teams@ |
| | Ballschule 1 (2019) | | 17:15-19:00 (ZC) | | | | teams@ |
| | Ballschule 2 (2018) | | | | | 16:00-17:30 (EWH) | teams@ |
| Rookies | mu10-12 (2015-2013) | 16:00-17:30 (S) | | 16:00-17:30 (S) | | | teams@ |
| | wu10-12 (2015-2013) | | | 17:00-19:00 (WT) | | 16:00-17:30 (WT) | teams@ |
| | u14+ (2012-2007) | 17:00-19:00 (WT) | | 16:00-17:30 (ZC) | | | teams@ |
| Mix | MixU8 (2017) | | 16:00-17:30 (S) | | 16:00-17:30 (S) | | teams@ |
| | MixU9-1 (2016) | | 16:00-17:30 (S) | | | 16:00-17:30 (ZC) | teams@ |
| | MixU9-2 (2016) | | 16:00-17:30 (S) | | 16:00-17:30 (S) | | teams@ |
| | MixU10-1 (2015) | 16:00-17:30 (S) | | | 16:00-17:30 (S) | | teams@ |
| | MixU10-2 (2015) | 16:00-17:30 (S) | | | | 16:00-17:30 (EWH) | teams@ |
| Jugend männlich | MU11-1 (2014) | | | 16:00-17:30 (S) | | 17:30-19:00 (EWH) | teams@ |
| | MU11-2 (2014) | | | 16:00-17:30 (S) | | 17:30-19:00 (EWH) | teams@ |
| | MU12-1 (2013) | 17:30-19:00 (S) | | 17:30-19:00 (S) | | | teams@ |
| | MU12-2 (2013) | 17:30-19:00 (S) | | 17:30-19:00 (S) | | | teams@ |
| | MU14-1 (2011/12) | 17:00-19:00 (WT) | | 17:30-19:00 (ZC) | | | teams@ |
| | MU14-2 (2011/12) | 17:00-19:00 (WT) | | | | 17:30-19:00 (EWH) | teams@ |
| | MU14-CO (2011/12) | 17:30-19:00 (S) | | | 17:30-19:00 (S) | | teams@ |
| | MU16-1 (2009/10) | | | 17:30-19:00 (S) | | 17:30-19:00 (WT) | teams@ |
| | MU16-2 (2009/10) | | 17:30-19:00 (S) | | | 17:30-19:00 (WT) | teams@ |
| | JBBL (2009/10) | | | | 19:00-20:30 (S) | | teams@ |
| | MU18-1 (2007/08) | 19:00-20:30 (ZC) | 19:00-20:30 (S) | | | 17:30-19:30 (ZC) | teams@ |
| | MU18-2 (2007/08) | | | 19:00-20:30 (S) | | 19:00-21:00 (WT) | teams@ |
| Jugend weiblich | WU11 (2014) | | | 17:00-19:00 (WT) | | 16:00-17:30 (WT) | teams@ |
| | WU12 (2013) | 16:00-17:30 (ZC) | | 17:00-19:00 (WT) | | 16:00-17:30 (WT) | teams@ |
| | WU14 (2011/12) | 17:30-19:00 (ZC) | | | 17:30-19:00 (S) | | teams@ |
| | WU16-1 (2009/10) | | 17:30-19:00 (S) | | 17:00-18:30 (ZC) | | teams@ |
| | WU16-2 (2009/10) | | 17:30-19:00 (S) | | | 17:30-19:00 (WT) | teams@ |
| | WU18 / D2 (2008+) | | 19:00-20:30 (S) | | | 19:00-21:00 (WT) | teams@ |
| Senioren u. Sportgruppen | Damen I | 19:00-21:00 (EWH) | | 19:00-20:30 (S) | 18:30-20:30 (ZC) | | teams@ |
| | Damen Sen. | | 20:00-21:30 (ZC) | | | | teams@ |
| | Herren II | | 19:00-20:30 (S) | | 20:30-22:00 (S) | 19:00-21:00 (WT) | teams@ |
| | Herren III | | | 19:00-20:30 (S) | | 19:00-21:00 (WT) | teams@ |
| | Herren IV | 20:30-22:00 (ZC) | | | 20:30-22:00 (ZC) | | teams@ |
| | Freizeit | | | 19:00-21:00 (WT) | | | teams@ |
| | Senioren Ü35 | 19:00-21:00 (WT) | | 20:30-22:00 (ZC) | | | teams@ |
| | Senioren Ü45 | | | 19:00-20:30 (ZC) | | | teams@ |
| | Senioren Ü65 | | | | | 19:30-21:00 (ZC) | teams@ |
| | SG Moritz | | 19:00-20:00 (ZC) | | | | teams@ |
| | Volleyball | 19:00-21:00 (WT) | | 19:00-21:00 (WT) | | | teams@ |
| | Bergsteiger | | | 18:30-20:30 (BAR) | | | teams@ |
| | Fußball | | | 18:30-20:30 (BAR) | | | teams@ |

Sporthallen

ZC GS Blumenhag - Zepernicker Ch.

EWH Erich-Wünsch-Halle - Heinersdorfer Str.

S S-Arena Bernau - Ladeburger Ch.

WT Wasserturmhalle - Schönower Ch.