

Trainingszeiten SSV Lok Bernau Saison 2025/2026

	Teams	Montag	Dienstag	Mittwoch	Donnerstag	Freitag	Trainer
Ballspielgr.	Eltern-Kind 1 (2,5 - 4 J.)		16:00-16:45 (ZC)				Simone M.
	Eltern-Kind 2 (2,5 - 4 J.)		16:45-17:30 (ZC)				Simone M.
	Ballschule 1 (2020)				16:00-16:45 (ZC)		Simone M.
	Ballschule 2 (2019)				16:45-17:30 (ZC)		Simone M.
Rookie	Mix10+ (2014-16)		17:30-19:00 (S)			17:30-19:00 (WT)	Karo U.
	U16+ (2008-11)					16:00-17:30 (EWH)	Artem M.
Mix	MixU8-1 (2018)	16:00-17:30 (ZC)		16:00-17:30 (S)			Henry V.
	MixU8-2 (2018)	16:00-17:30 (ZC)		16:00-17:30 (S)			Henry V.
	MixU10-1 (2016)		16:00-17:30 (S)			16:00-17:30 (ZC)	Andreas W.
	MixU10-2 (2016)	16:00-17:30 (S)			16:00-17:30 (S)		Stefan R.
Jugend männlich	MU9 (2017)	16:00-17:30 (S)		16:00-17:30 (S)	16:00-17:30 (S)		Alejandro S.
	MU11 (2015)		16:00-17:30 (S)	16:00-17:30 (ZC)		16:00-17:30 (EWH)	Nico M.
	MU12-1 (2014)	17:00-19:00 (WT)		17:30-19:00 (S)		17:30-19:00 (EWH)	Rene S.
	MU12-2 (2014)	17:00-19:00 (WT)		17:30-19:00 (S)		17:30-19:00 (EWH)	Filip K.
	MU14-1 (2012/13)	17:30-19:00 (S)		17:30-19:00 (ZC)	17:30-19:00 (S)		Anja H.
	MU14-2 (2012/13)	17:30-19:00 (S)			17:30-19:00 (S)		Marcus S.
	MU14-3 (2012/13)			17:30-19:00 (S)		17:30-19:00 (S)	Sören B.
	MU16-1 (2010/11)			19:00-20:30 (S)		17:30-19:00 (WT)	Christian Jo.
	MU16-2 (2010/11)		17:30-19:00 (S)			17:30-19:00 (WT)	Falko E.
	MU16-3 (2010/11)	16:00-17:30 (S)				16:00-17:30 (S)	Stefan W.
	JBBL (2010/11)					19:00-20:30 (S)	Alejandro S.
	MU18-1 (2008/09)		19:00-20:30 (S)	19:00-20:30 (S)		19:00-21:00 (WT)	Björn M.
	MU18-2 (2008/09)			19:00-20:30 (S)		19:00-21:00 (WT)	Andre H.
Jugend weiblich	WU9 (2017)		16:00-17:30 (S)		16:00-17:30 (S)		Chris M.
	WU11 (2015)	16:00-17:30 (S)				16:00-17:30 (EWH)	Maik V.
	WU12 (2014)	17:00-19:00 (WT)		17:00-19:00 (WT)		16:00-17:30 (WT)	Matze G.
	WU14-1 (2012/13)	17:30-19:00 (ZC)		17:00-19:00 (WT)		16:00-17:30 (WT)	Marco B.
	WU14-2 (2012/13)			17:00-19:00 (WT)		16:00-17:30 (WT)	Gunnar F.
	WU16 (2010/11)		17:30-19:00 (ZC)		17:30-19:00 (ZC)		Leo K.
	WU18 (2008/09)		17:30-19:00 (S)			17:30-19:30 (ZC)	Nico M.
Senioren u. Sportgruppen	Damen I	19:00-20:30 (ZC)		19:00-21:00 (EWH)	19:00-20:30 (ZC)		Marco B.
	Damen II		19:00-20:30 (S)			19:00-21:00 (WT)	Karo U.
	Damen Sen.		20:00-21:30 (ZC)				Christina B.
	Herren II		19:00-20:30 (S)		20:30-22:00 (S)		Daniel K.
	Herren III	20:30-22:00 (ZC)			20:30-22:00 (ZC)		Lars H.
	Freizeit			19:00-21:00 (WT)			Tobbias R.
	Senioren Ü35	19:00-21:00 (WT)		20:30-22:00 (ZC)			Michael R.
	Senioren Ü45			19:00-20:30 (ZC)			Jens H.
	Senioren Ü65					19:30-21:00 (ZC)	Ralf K.
	SG Moritz		19:00-20:00 (ZC)				Norbert M.
	Volleyball	19:00-21:00 (WT)		19:00-21:00 (WT)			Michael K.
	Bergsteiger			18:30-20:30 (BAR)			Michael H.
	Fußball			18:30-20:30 (BAR)			Michael L.

Sporthallen

ZC GS Blumenhag - Zepernercker Ch.

EWH Erich-Wünsch-Halle - Heinersdorfer Str.

S S-Arena Bernau - Ladeburger Ch.

WT Wasserturmhalle - Schönower Ch.