

| Spiel- und Trainingsplan EHC Lenzerheide-Valbella | | | | | | | | KW 3 / 2021 | | | | | |
|---|---------------|------------------------|---------------|------------------------|--|--------------------------|---------------|-----------------------|--|-----------------------|---------------|-----------------------|--|
| Montag 18.01.2021 | | Dienstag 19.01.2021 | | Mittwoch 20.01.2021 | | Donnerstag 21.01.2021 | | Freitag 22.01.2021 | | Samstag 23.01.2021 | | Sonntag 24.01.2021 | |
| 10:00 | | 10:00 | | 10:00 | | 10:00 | | 10:00 | | | | | |
| 10:15 | | 10:15 | | 10:15 | | 10:15 | | 10:15 | | | | | |
| 10:30 | | 10:30 | Schule+Sport | 10:30 | | 10:30 | Schule+Sport | 10:30 | | | | | |
| 10:45 | | 10:45 | | 10:45 | | 10:45 | | 10:45 | | | | | |
| 11:00 | | 11:00 | 10.00 - 11.45 | 11:00 | | 11:00 | 10.00 - 11.45 | 11:00 | | | | | |
| 11:15 | | 11:15 | | 11:15 | | 11:15 | | 11:15 | | | U11 | | |
| 11:30 | | 11:30 | | 11:30 | | 11:30 | | 11:30 | | | 08.30 - 10.00 | | |
| 11:45 | | 11:45 | | 11:45 | | 11:45 | | 11:45 | | | | | |
| 12:00 | | 12:00 | | 12:00 | | 12:00 | | 12:00 | | | | | |
| 12:15 | | 12:15 | | 12:15 | | 12:15 | | 12:15 | | | | | |
| 12:30 | | 12:30 | | 12:30 | | 12:30 | | 12:30 | | | | | |
| 12:45 | | 12:45 | | 12:45 | | 12:45 | | 12:45 | | | | | |
| 13:00 | | 13:00 | | 13:00 | | 13:00 | | 13:00 | | | | | |
| 13:15 | | 13:15 | | 13:15 | | 13:15 | | 13:15 | | | | | |
| 13:30 | | 13:30 | | 13:30 | | 13:30 | | 13:30 | | | | | |
| 13:45 | | 13:45 | | 13:45 | | 13:45 | | 13:45 | | | | | |
| 14:00 | | 14:00 | | 14:00 | | 14:00 | | 14:00 | | | | | |
| 14:15 | | 14:15 | | 14:15 | | 14:15 | | 14:15 | | | | | |
| 14:30 | | 14:30 | | 14:30 | | 14:30 | | 14:30 | | | | | |
| 14:45 | | 14:45 | | 14:45 | | 14:45 | | 14:45 | | | | | |
| 15:00 | | 15:00 | | 15:00 | | 15:00 | | 15:00 | | | | | |
| 15:15 | | 15:15 | | 15:15 | | 15:15 | | 15:15 | | | | | |
| 15:30 | | 15:30 | | 15:30 | | 15:30 | | 15:30 | | | | | |
| 15:45 | | 15:45 | | 15:45 | | 15:45 | | 15:45 | | | | | |
| 16:00 | | 16:00 | | 16:00 | | 16:00 | | 16:00 | | | | | |
| 16:15 | | 16:15 | | 16:15 | | 16:15 | | 16:15 | | | | | |
| 16:30 | | 16:30 | | 16:30 | | 16:30 | | 16:30 | | | | | |
| 16:45 | | 16:45 | | 16:45 | | 16:45 | | 16:45 | | | | | |
| 17:00 | Hockeyschule | 17:15 | U11 | 17:15 | | 17:15 | U9 | 17:15 | | | | | |
| 17:15 | | 17:30 | | 17:30 | | 17:30 | | 17:30 | | | | | |
| 17:30 | 17.00 - 18.00 | 17:45 | 17.00 - 18.00 | 17:45 | | 17:45 | 17.00 - 18.00 | 17:45 | | | | | |
| 17:45 | | 18:00 | | 18:00 | | 18:00 | | 18:00 | | | | | |
| 18:00 | | 18:15 | | 18:15 | | 18:15 | | 18:15 | | | | | |
| 18:15 | U9 | 18:30 | U13 | 18:30 | | 18:30 | U11 | 18:30 | | | | | |
| 18:30 | 18.00 - 19.00 | 18:45 | 18.00 - 19.00 | 18:45 | | 18:45 | 18.00 - 19.00 | 18:45 | | | | | |
| 18:45 | | 19:00 | | 19:00 | | 19:00 | | 19:00 | | | | | |
| 19:00 | | 19:15 | | 19:15 | | 19:15 | | 19:15 | | | | | |
| 19:15 | | 19:30 | | 19:30 | | 19:30 | | 19:30 | | | | | |
| 19:30 | | 19:45 | U15 | 19:45 | | 19:45 | U15 | 19:45 | | | | | |
| 19:45 | | 20:00 | | 20:00 | | 20:00 | | 20:00 | | | | | |
| 20:00 | | 20:15 | 19.15 - 20.15 | 20:15 | | 20:15 | 19.15 - 20.15 | 20:15 | | | | | |
| 20:15 | | 20:30 | | 20:30 | | 20:30 | | 20:30 | | | | | |
| 20:30 | | 20:45 | | 20:45 | | 20:45 | | 20:45 | | | | | |
| 20:45 | | 21:00 | | 21:00 | | 21:00 | | 21:00 | | | | | |
| 21:00 | | 21:15 | | 21:15 | | 21:15 | | 21:15 | | | | | |
| 21:15 | | 21:30 | | 21:30 | | 21:30 | | 21:30 | | | | | |
| 21:30 | | 21:45 | | 21:45 | | 21:45 | | 21:45 | | | | | |
| 21:45 | | 21:45 | | 21:45 | | 21:45 | | 21:45 | | | | | |
| 22:00 | | 22:00 | | 22:00 | | 22:00 | | 22:00 | | | | | |