

| | | Halle 1 | Halle 2 | Halle 3 | Gymnastikraum | Krafraum |
|---------------|---------------|---------------|---------------|---------------------|------------------|----------|
| 08.00 - 08.30 | | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | | |
| | 08.30 - 09.00 | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | | |
| 09.00 - 09.30 | | <i>belegt</i> | | | Faszien-WS | |
| | 09.30 - 10.00 | <i>belegt</i> | | | Faszien-WS | |
| 10.00 - 10.30 | | | | | Faszien-WS 10.15 | |
| | 10.30 - 11.00 | | | | Faszien-WS 11.15 | |
| 11.00 - 11.30 | | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | | |
| | 11.30 - 12.00 | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | | |
| 12.00 - 12.30 | | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> 12.30 | | |
| | 12.30 - 13.00 | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | | |
| 13.00 - 13.30 | | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | | |
| | 13.30 - 14.00 | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> 13.45 | | |
| 14.00 - 14.30 | | | | | | |
| | 14.30 - 15.00 | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | |
| 15.00 - 15.30 | | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | |
| | 15.30 - 16:00 | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | |
| 16.00 - 16.30 | | | | | | |
| | 16.30 - 17.00 | Turnen | Turnen | | | |
| 17.00 - 17.30 | | Turnen | Turnen | Basketball | Turnen | |
| | 17.30 - 18.00 | Turnen | Tischtennis | Basketball | Turnen | |
| 18.00 - 18.30 | | Turnen | Tischtennis | Ringens | Turnen | |
| | 18.30 - 19.00 | Turnen | Tischtennis | Ringens | Turnen | |
| 19.00 - 19.30 | | Turnen | Tischtennis | Ringens | Turnen | |
| | 19.30 - 20.00 | Turnen | Tischtennis | Ringens | Turnen | |
| 20.00 - 20.30 | | Turnen | Tischtennis | Ringens | Turnen | |
| | 20.30 - 21.00 | Turnen | Tischtennis | Ringens | Turnen | |
| 21.00 - 21.30 | | Turnen | Tischtennis | Ringens | Turnen | |
| | 21.30 - 22.00 | | Tischtennis | Ringens | | |
| 22.00 - 22.30 | | | Tischtennis | | | |
| | 22.30 - 23.00 | | Tischtennis | | | |

| | | Halle 1 | Halle 2 | Halle 3 | Gymnastikraum | Kraftraum |
|---------------|---------------|---------------------|---------------|-----------------|---------------|-----------|
| 08.00 - 08.30 | | | | | | |
| | 08.30 - 09.00 | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | | |
| 09.00 - 09.30 | | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | |
| | 09.30 - 10.00 | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | |
| 10.00 - 10.30 | | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | |
| | 10.30 - 11.00 | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | |
| 11.00 - 11.30 | | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | |
| | 11.30 - 12.00 | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | |
| 12.00 - 12.30 | | <i>belegt</i> 12.15 | <i>belegt</i> | <i>belegt</i> | | |
| | 12.30 - 13.00 | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | |
| 13.00 - 13.30 | | <i>belegt</i> 13.45 | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | |
| | 13.30 - 14.00 | | | | | |
| 14.00 - 14.30 | | | | | | |
| | 14.30 - 15.00 | | | | | |
| 15.00 - 15.30 | | | | | | |
| | 15.30 - 16.00 | | | | | |
| 16.00 - 16.30 | | Badminton | Badminton | Badminton 15:45 | | |
| | 16.30 - 17.00 | Badminton | Badminton | Badminton | Diabetes | |
| 17.00 - 17.30 | | Badminton | Badminton | Badminton | Diabetes | |
| | 17.30 - 18.00 | Turnen | Badminton | Badminton | Turnen | |
| 18.00 - 18.30 | | Turnen | Einradfahren | WS-Gym. | Turnen | |
| | 18.30 - 19.00 | Einradfahren | Einradfahren | WS-Gym. | | |
| 19.00 - 19.30 | | Turnen | Turnen | Koronar | | |
| | 19.30 - 20.00 | Turnen | Turnen | Koronar | Aikido | |
| 20.00 - 20.30 | | Turnen | Badminton | Badminton | Aikido | |
| | 20.30 - 21.00 | Turnen | Badminton | Badminton | Aikido | |
| 21.00 - 21.30 | | Badminton | Badminton | Badminton | Aikido | |
| | 21.30 - 22.00 | Badminton | Badminton | Badminton | | |
| 22.00 - 22.30 | | Badminton | Badminton | Badminton | | |
| | 22.30 - 23.00 | Badminton | Badminton | Badminton | | |

| | | Halle 1 | Halle 2 | Halle 3 | Gymnastikraum | Krafraum |
|---------------|---------------|---------------------|---------------|---------------------|-----------------------|----------|
| 08.00 - 08.30 | | <i>belegt</i> | TT | TT | | |
| | 08.30 - 09.00 | <i>belegt</i> | TT | TT | Osteoporose 08.45 | |
| 09.00 - 09.30 | | | TT | TT | Osteoporose | |
| | 09.30 - 10.00 | | TT | TT | Osteoporose | |
| 10.00 - 10.30 | | | TT | TT | Osteoporose | |
| | 10.30 - 11.00 | | TT | TT | Osteoporose 10:45 | |
| 11.00 - 11.30 | | <i>belegt</i> 11.15 | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | |
| | 11.30 - 12.00 | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | |
| 12.00 - 12.30 | | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | |
| | 12.30 - 13.00 | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> 12.45 | <i>belegt</i> | |
| 13.00 - 13.30 | | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | | |
| | 13.30 - 14.00 | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | | |
| 14.00 - 14.30 | | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | WS-Gym. | |
| | 14.30 - 15.00 | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | WS-Gym. | |
| 15.00 - 15.30 | | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | | |
| | 15.30 - 16.00 | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | | |
| 16.00 - 16.30 | | | | | | |
| | 16.30 - 17.00 | | | | | |
| 17.00 - 17.30 | | | | | Allkampf-Jitsu/Taekw. | |
| | 17.30 - 18.00 | Handball | Handball | Handball | Allkampf-Jitsu/Taekw. | |
| 18.00 - 18.30 | | Handball | Handball | Handball | Turnen | |
| | 18.30 - 19.00 | Handball | Handball | Handball | Turnen | |
| 19.00 - 19.30 | | Handball | Handball | Handball | Allkampf 19:15 | |
| | 19.30 - 20.00 | Handball | Handball | Handball | Allkampf 20:15 | |
| 20.00 - 20.30 | | Handball | Handball | Handball | | |
| | 20.30 - 21.00 | Handball | Handball | Handball | | |
| 21.00 - 21.30 | | Handball | Handball | Handball | | |
| | 21.30 - 22.00 | Handball | Handball | Handball | | |
| 22.00 - 22.30 | | | | | | |
| | 22.30 - 23.00 | | | | | |

| | | Halle 1 | Halle 2 | Halle 3 | Gymnastikraum | Kraftraum |
|---------------|---------------|---------------|---------------------|-----------------------|----------------------|-----------|
| 08.00 - 08.30 | | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> 7.45 | <i>belegt</i> | |
| | 08.30 - 09.00 | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | |
| 09.00 - 09.30 | | <i>belegt</i> | <i>belegt</i> 09.00 | Turnen | <i>belegt</i> | |
| | 09.30 - 10.00 | <i>belegt</i> | <i>belegt</i> | Turnen | <i>belegt</i> | |
| 10.00 - 10.30 | | <i>belegt</i> | <i>belegt</i> 10.30 | Turnen | <i>belegt</i> | |
| | 10.30 - 11.00 | | | Turnen | | |
| 11.00 - 11.30 | | | | | | |
| | 11.30 - 12.00 | <i>belegt</i> | <i>belegt</i> | Gymnasium | | |
| 12.00 - 12.30 | | <i>belegt</i> | <i>belegt</i> | Gymnasium | | |
| | 12.30 - 13.00 | <i>belegt</i> | <i>belegt</i> | Gymnasium 13:00 | | |
| 13.00 - 13.30 | | | | | | |
| | 13.30 - 14.00 | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | | |
| 14.00 - 14.30 | | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | |
| | 14.30 - 15.00 | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | |
| 15.00 - 15.30 | | Turnen | Turnen 15:15 | | <i>belegt</i> 15.15 | |
| | 15.30 - 16.00 | Turnen | Turnen | | <i>belegt</i> | |
| 16.00 - 16.30 | | Turnen | Turnen 16:30 | | <i>belegt</i> 16.15 | |
| | 16.30 - 17.00 | | | Leichtathletik/Winter | | |
| 17.00 - 17.30 | | Turnen | | Leichtathletik/Winter | Yoga-Kurs Erw | |
| | 17.30 - 18.00 | Turnen | | Leichtathletik/Winter | Yoga-Kurs Erw | |
| 18.00 - 18.30 | | Turnen | TT | Badminton | Yoga-Kurs Erw. 18:15 | |
| | 18.30 - 19.00 | Turnen | TT | Badminton | Turnen | |
| 19.00 - 19.30 | | Turnen | TT | Badminton | Turnen | |
| | 19.30 - 20.00 | Turnen | TT | Badminton | | |
| 20.00 - 20.30 | | Turnen | TT | TT | <i>belegt</i> | |
| | 20.30 - 21.00 | Turnen | TT | TT | <i>belegt</i> | |
| 21.00 - 21.30 | | | TT | TT | <i>belegt</i> | |
| | 21.30 - 22.00 | | TT | TT | <i>belegt</i> | |
| 22.00 - 22.30 | | | TT | TT | | |
| | 22.30 - 23.00 | | TT | TT | | |

| | | Halle 1 | Halle 2 | Halle 3 | Gymnastikraum | Kraftraum |
|---------------|---------------|---------------|-------------------|---------------------|---------------|-----------|
| 08.00 - 08.30 | | | | | | |
| | 08.30 - 09.00 | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | | |
| 09.00 - 09.30 | | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | | |
| | 09.30 - 10.00 | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | | |
| 10.00 - 10.30 | | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | | |
| | 10.30 - 11.00 | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | | |
| 11.00 - 11.30 | | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> 11.15 | | |
| | 11.30 - 12.00 | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | | |
| 12.00 - 12.30 | | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | | |
| | 12.30 - 13.00 | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> 12.45 | | |
| 13.00 - 13.30 | | | | | | |
| | 13.30 - 14.00 | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> 13.30 | | |
| 14.00 - 14.30 | | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | | |
| | 14.30 - 15.00 | <i>belegt</i> | <i>belegt</i> | <i>belegt</i> | | |
| 15.00 - 15.30 | | | | | | |
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| 16.00 - 16.30 | | Turnen | Turnen | | | |
| | 16.30 - 17.00 | Turnen | Turnen | | Turnen | |
| 17.00 - 17.30 | | Turnen | Turnen | | Turnen | |
| | 17.30 - 18.00 | Turnen | Turnen | | Turnen | |
| 18.00 - 18.30 | | Turnen | LA/Wi./Turnen-So. | Ringens | Turnen | |
| | 18.30 - 19.00 | Turnen | LA-Wi./Turnen-So. | Ringens | Turnen | |
| 19.00 - 19.30 | | Turnen | LA-Wi./Turnen-So. | Ringens | Turnen | |
| | 19.30 - 20.00 | Turnen | Turnen | Ringens | Turnen | |
| 20.00 - 20.30 | | Turnen | Badminton | Ringens | Turnen | |
| | 20.30 - 21.00 | Turnen | Badminton | Ringens | Turnen | |
| 21.00 - 21.30 | | Badminton | Badminton | Ringens | Turnen | |
| | 21.30 - 22.00 | Badminton | Badminton | Ringens | Turnen | |
| 22.00 - 22.30 | | Badminton | Badminton | | | |
| | 22.30 - 23.00 | Badminton | Badminton | | | |

| | | Halle 1 | Halle 2 | Halle 3 | Gymnastikraum | Kraftraum |
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| 08.00 - 08.30 | | | | | | |
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| 10.00 - 10.30 | | | | | | |
| | 10.30 - 11.00 | | | | Allkampf Jitsu/Taekwondo | |
| 11.00 - 11.30 | | | | | Allkampf Jitsu/Taekwondo | |
| | 11.30 - 12.00 | | | | Allkampf Jitsu/Taekwondo | |
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| | | Halle 1 | Halle 2 | Halle 3 | Gymnastikraum | Kraftraum |
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| 18.00 - 18.30 | | Badminton | Badminton | Badminton | | |
| | 18.30 - 19.00 | Badminton | Badminton | Badminton | | |
| 19.00 - 19.30 | | Badminton | Badminton | Badminton | | |
| | 19.30 - 20.00 | Badminton | Badminton | Badminton | | |
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