

Schulzeit

| | von | bis | Bahn 1 | Bahn 2 | Bahn 3 | Bahn 4 | Bahn 5 | | | | | | |
|------------|-------|---------|--|--------------|-------------|--------------|---------|--------------|---------------------------------------|--------------|------------|--------|------------|
| Montag | 16:30 | 17:00 | SVF Springer (Sprunganlage) - Biggi / Ingo | | | | | | | | | | |
| | 17:00 | 17:30 | | | | | | | SVF Grundausbildung (Hubboden) - Lisa | | | | |
| | 17:30 | --- | | | | | | | | | | | |
| | --- | 21:00 | | | | | | | | | | | |
| Dienstag | 16:30 | 18:00 | | | | | | | | | | | |
| | 18:00 | 18:30 | TG1b | Pauline | WK3 | Manuel | WK2 | Selim | WK1 | Selim | | | |
| | 18:30 | 19:00 | TG1b | Pauline | WK3 | Manuel | WK2 | Selim | WK1 | Selim | Kursbecken | | |
| | 19:00 | 19:30 | WK3 | Manuel | WK2 | Selim | WK1 | Selim | | | Lukas | | |
| | 19:30 | 20:00 | WK1 | Selim | WK1 | Selim | WK1 | Selim | | | Lukas | | |
| | 20:00 | 21:30 | | | | | | | | | | | |
| Mittwoch | 17:00 | 17:30 | SVF Springer (Sprunganlage) - Biggi / Ingo | | | | | | | | | | |
| | 17:30 | 18:00 | | | | | | | Lisa oder KiSS (Hubboden) | | | | |
| | 18:00 | 18:30 | SVF Springer (Sprunganlage) - Biggi / Ingo | | | | | | | | | | |
| | 18:30 | 19:00 | | | | | | | WK4 | Alyssa/Milos | TG2 | Aliena | TG3 |
| | 19:00 | 19:30 | WK4 | Alyssa/Milos | TG2 | Aliena | TG3 | Jessi/Panita | WK1 | Selim | WK2 | Selim | |
| | 19:30 | 20:00 | Masters | | Masters | | Masters | | WK1 | Selim | WK2 | Selim | |
| | 20:00 | 20:30 | Masters | | Masters | | Masters | | WK1 | Selim | WK1 | Selim | |
| 20:30 | 21:00 | Masters | | Masters | | Masters | | | | | | | |
| Donnerstag | 16:30 | 17:00 | Fit Jug. | Jessi | TG3 | Jessi/Panita | TG3 | Jessi/Panita | Masters | | SVF / KiSS | KiSS | |
| | 17:00 | 17:30 | Fit Jug. | Jessi | TG3 | Jessi/Panita | TG3 | Jessi/Panita | Masters | | SVF / KiSS | KiSS | |
| | 17:30 | 18:00 | WK4 | Alyssa/Milos | WK3 | Manuel | WK3 | Manuel | Masters | | SVF / KiSS | KiSS | |
| | 18:00 | 18:30 | WK4 | Alyssa/Milos | WK3 | Manuel | WK3 | Manuel | TG1b | Tobias | TG1a | Tobias | |
| | 18:30 | 19:00 | WK2 | Selim | WK1 | Selim | WK1 | Selim | TG1b | Tobias | TG1a | Tobias | |
| | 19:00 | 19:30 | WK2 | Selim | WK1 | Selim | WK1 | Selim | | | | | |
| | 19:30 | 20:00 | WK2 | Selim | WK1 | Selim | WK1 | Selim | | | | | |
| | 20:00 | 20:30 | Fitness | --- | Masters | Selim | WK1/2 | Selim | | | | | |
| | 20:30 | 21:00 | Fitness | --- | WKR Masters | Norbert | Masters | | | | | | |
| 21:00 | 21:15 | Fitness | --- | WKR Masters | Norbert | Masters | | | | | | | |
| Freitag | 17:00 | 18:30 | | | | | | | | | | | |
| | 18:30 | 19:00 | TG2 | Gesa | WK4 | Alyssa/Milos | WK3 | Manuel | WK1 | Selim | | | |
| | 19:00 | 19:30 | TG2 | Gesa | WK4 | Alyssa/Milos | WK3 | Manuel | WK1 | Selim | | | |
| | 19:30 | 20:00 | Masters | | Masters | | WK3 | Manuel | WK1 | Selim | | | |
| | 20:00 | 20:30 | Masters | | Masters | | Masters | | Masters | | Masters | | |
| 20:30 | 21:00 | Masters | | Masters | | Masters | | Masters | | Masters | | | |
| Samstag | 09:00 | 09:30 | | | | | | | Masters | | Masters | | |
| | 09:30 | 10:00 | | | | | | | Masters | | Masters | | |
| | 10:00 | 10:30 | | | | | | | Masters | | Masters | | |
| | 10:30 | 11:00 | | | | | | | Masters | | Masters | | |
| Sonntag | 08:00 | 08:30 | WKR Masters | Norbert | | | | | | | | | |
| | 08:30 | 09:00 | WKR Masters | Norbert | | | | | | | | | |
| | 09:00 | 09:30 | Masters | | Masters | | Masters | | WK1+2 | Selim | WK1+2 | Selim | Kursbecken |
| | 09:30 | 10:00 | Masters | | Masters | | Masters | | WK1+2 | Selim | WK1+2 | Selim | Fitness |
| | 10:00 | 10:30 | Masters | | Masters | | Masters | | WK1+2 | Selim | WK1+2 | Selim | Fitness |