

| BBS | Montag | | | Dienstag | | | Mittwoch | | | Krafr. | Donnerstag | | | Freitag | | | Samstag |
|-------------|-------------------|--------------------|---------------------|----------|--|--|--------------------|---------------------|----------------------------|--------|------------------|---------------------|--------|----------------------------|-------------------|---------------------------|-------------|
| 16:00-16:30 | | | | | | | | | | | | | | | | | 16:00-16:30 |
| 16:30-17:00 | | | | | | | | | | | U14-2o | U12-1o | U12w | U14-2w/ | U18w | Andrea | 16:30-17:00 |
| 17:00-17:30 | | | | | | | | | | | Bastian/ Romy | Yeliz/ Filiz | Ulli | Ulli | Andrea | | 17:00-17:30 |
| 17:30-18:00 | | | | | | | U18w | U16w | U14-1w | | | | | U16m | U16w | | 17:30-18:00 |
| 18:00-18:30 | | | | | | | Andrea | Maya | Barbara/ Stelios | | U14-1o | U14-1w | U14-2w | Sören/ Maya | Maya | | 18:00-18:30 |
| 18:30-19:00 | | | | | | | | | | | Maya | Barbara/ Stelios | Ulli | | | | 18:30-19:00 |
| 19:00-19:30 | | | | | | | | | | | | | | | | | 19:00-19:30 |
| 19:30-20:00 | | | | | | | | | | | | | | Spieler 1.Da./ 2.Da. | 5.Herren Vicky | 4.Herren N.N./ Till | 19:30-20:00 |
| 20:00-20:30 | | | | | | | | | | | | | | | | | 20:00-20:30 |
| 20:30-21:00 | 1.Damen Manuel | 2.Damen Dominik | 1.Herren Philipp | | | | 1. Damen Manuel | 2. Damen Dominik | 4. Herren N.N./ Till | | | | | | | | 20:30-21:00 |
| 21:00-21:30 | | | | | | | | | | | | | | | | | 21:00-21:30 |
| 21:30-22:00 | | | | | | | | | | | | | | | | | 21:30-22:00 |

| Alzey | Montag | | | Dienstag | | | Mittwoch | | | Donnerstag | | | Freitag | | | Samstag |
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| 16:30-17:00 | | | | | | | | | | | | | | | | 16:30-17:00 |
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| 20:00-20:30 | | | | | | | | | | | | | | | | 20:00-20:30 |
| | | | | | | | | | | | | | | | | 09:30-11:00 |
| | | | | | | | | | | | | | | | | U8-o |
| | | | | | | | | | | | | | | | | Fatih/Selcuk |
| | | | | | | | | | | | | | | | | 11:00-12:30 |
| | | | | | | | | | | | | | | | | U10-1o |
| | | | | | | | | | | | | | | | | Fatih/Mete |
| | | | | | | | | | | | | | | | | |
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| CvO | Montag | | | Dienstag | | | Mittwoch | | | Donnerstag | | | Freitag | | |
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| 17:30-18:00 | | | | U10-2o | U12-2o | U14-1o | | | | | | | | | |
| 18:00-18:30 | | | | Anita | Bastian/ C-C-T | Maya | | | | | | | | | |
| 18:30-19:00 | | | | | | | | | | | | | | | |
| 19:00-19:30 | | | | | Hobby- Damen | U16m | | | | | | | | | |
| 19:30-20:00 | | | | | Ulli | Sören/ Maya | | | | | | | | | |
| 20:00-20:30 | | | | 5.Herren | | | | | | | | | | | |
| 20:30-21:00 | | | | Vicky | Hobby- Herren | 3.Herren Nick | | | | | | | | | |
| 21:00-21:30 | | | | | Marcel | | | | | | | | | | |
| 21:30-22:00 | | | | | | | | | | | | | | | |

| Altonaer | Montag | | | Dienstag | | | Mittwoch | | | Donnerstag | | | Freitag | | |
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| 17:00-17:30 | | | | | | | | | | | | | | | |
| 17:30-18:00 | Kinderturnen Lilo | | | | | | | | | | | | | | |
| 18:00-18:30 | | | | | | | | | | | | | | | |
| 18:30-19:00 | | | | | | | | | | | | | | | |
| 19:00-19:30 | | | | | | | | | | | | | | | |
| 19:30-20:00 | Da/He-Gymnastik G. Henschen | | | Da-Gymnastik G. Henschen | | | | | | | | | | | |
| 20:00-20:30 | | | | | | | | | | | | | | | |
| 20:30-21:00 | 2. Herren Florian/Vladimir | | | Begnadete Körper Meinolf | | | | | | 2. Herren Florian/Vladimir | | | | | |
| 21:00-21:30 | | | | | | | Fußballtennis T. Grützner | | | | | | | | |
| 21:30-22:00 | | | | | | | | | | | | | | | |

| KMA | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | |
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| 20:00-20:30 | | | | | | 20:00-20:30 |
| 20:30-21:00 | | Ü50/Ü60 Jack | | 3.Herren Nick/Marcel | | 20:30-21:00 |
| 21:00-21:30 | | | | | | 21:00-21:30 |
| 21:30-22:00 | | | | | | 21:30-22:00 |

| DKG | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | |
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| 19:30-20:00 | | | | | | 19:30-20:00 |
| 20:00-20:30 | | | | | | 20:00-20:30 |
| 20:30-21:00 | | | 1. Herren Philipp | | | 20:30-21:00 |
| 21:00-21:30 | | | | | | 21:00-21:30 |
| 21:30-22:00 | | | | | | 21:30-22:00 |