

| Zeiten | Montag | | | | Zeiten | Dienstag | | | |
|--------------|-----------------|----------------|---------------------------|---------------------------|--------------|--------------|---------------------------|------------|---------------------------|
| | Halle 1 | | Halle 2 | Günther Wendisch Halle | | Halle 1 | | Halle 2 | Günther Wendisch Halle |
| | 1/3 | 2/3 | | | | 1/3 | 2/3 | | |
| 10.00-10.30h | | | | 9.30 - 10.30 Uhr | 10.00-10.30h | | | | |
| 10.30-11.00h | | | | Step-Aerobic | 10.30-11.00h | | | | |
| 11.00-11.30h | | | | | 11.00-11.30h | | | | |
| 11.30-12.00h | | | | | 11.30-12.00h | | | | |
| 12.00-12.30h | | | | | 12.00-12.30h | | | | |
| 12.30-13.00h | | | | | 12.30-13.00h | | | | |
| 13.00-13.30h | | | | | 13.00-13.30h | | | | |
| 13.30-14.00h | | | | Kindergarten | | | | | |
| 14.00-14.30h | | | | 14.00-14.30h | Schul-Sport | | | | |
| 14.30-15.00h | | | | 14.30-15.00h | | | | | |
| 15.00-15.30h | WJE / MJE / MJD | 2008er U10 | Kinderturnen bis 17:15 | 15.00-15.30h | | | | | |
| 15.30-16.00h | | | | | | 15.30-16.00h | Mädchen Hol/Este | | |
| 16.00-16.30h | | | | | | | 16.00-16.30h | | |
| 16.30-17.00h | | | | | | | 16.30-17.00h | U7 Holvede | WJD 1 |
| 17.00-17.30h | | | ab 17:15 Tischtennis | 17.00-17.30h | | | Zumba | | |
| 17.30-18.00h | WJC | | | 17.30-18.00h | | | | | |
| 18.00-18.30h | Stützpunkt | WJC 2 / WJD 2 | | 18.00-18.30h | WJA / WJB | | Wirbelsäulen gymnastik | | |
| 18.30-19.00h | | | | | | 18.30-19.00h | | MJC | |
| 19.00-19.30h | | 2003er U15 | | 19.00-19.30h | 1. Herren | 2. Herren | Wirbelsäulen gymnastik | | |
| 19.30-20.00h | MJA / MJB / MJC | | | | | | 19.30-20.00h | | |
| 20.00-20.30h | | | | 20.00-20.30h | | | Step Aerobic | | |
| 20.30-21.00h | 1. Damen | Damen Hol/Este | | 20.30-21.00h | | | 2. Damen / 3. Damen | | |
| 21.00-21.30h | | | | | 21.00-21.30h | Badminton | | | |
| 21.30-22.00h | | | | | 21.30-22.00h | | | | |

| Zeiten | Mittwoch | | | | Zeiten | Donnerstag | | | | Zeiten |
|--------------|---------------------|------------|-------------|---------------------------|--------------|------------|-------------------|---------|---------------------------|--------------|
| | Halle 1 | | Halle 2 | Günther Wendisch Halle | | Halle 1 | | Halle 2 | Günther Wendisch Halle | |
| | 1/3 | 2/3 | | | | 1/3 | 2/3 | | | |
| 10.00-10.30h | | | | | 10.00-10.30h | | | | | 10.00-10.30h |
| 10.30-11.00h | | | | | 10.30-11.00h | | | | | 10.30-11.00h |
| 11.00-11.30h | | | | | 11.00-11.30h | | | | | 11.00-11.30h |
| 11.30-12.00h | | | | | 11.30-12.00h | | | | | 11.30-12.00h |
| 12.00-12.30h | | | | | 12.00-12.30h | | | | | 12.00-12.30h |
| 12.30-13.00h | | | | | 12.30-13.00h | | | | | 12.30-13.00h |
| 13.00-13.30h | | | | | 13.00-13.30h | | | | | 13.00-13.30h |
| 13.30-14.00h | | | | | 13.30-14.00h | | | | | 13.30-14.00h |
| 14.00-14.30h | | | | | 14.00-14.30h | | | | | 14.00-14.30h |
| 14.30-15.00h | | | | | 14.30-15.00h | Schule AG | Schule AG | | | 14.30-15.00h |
| 15.00-15.30h | | | | | 15.00-15.30h | | | | | 15.00-15.30h |
| 15.30-16.00h | | | | | 15.30-16.00h | | | | | 15.30-16.00h |
| 16.00-16.30h | | | | Sen.-Gymnastik | 16.00-16.30h | | | | | 16.00-16.30h |
| 16.30-17.00h | WJC | 2009er U09 | | | 16.30-17.00h | MJE | MJD | | | 16.30-17.00h |
| 17.00-17.30h | | | Eltern-Kind | | 17.00-17.30h | | | | Judo | 17.00-17.30h |
| 17.30-18.00h | | | | | 17.30-18.00h | WJD 2 | | | | 17.30-18.00h |
| 18.00-18.30h | | 2007er U10 | | | 18.00-18.30h | | | | | 18.00-18.30h |
| 18.30-19.00h | MJB | | | | 18.30-19.00h | | 2005erU13/2006U12 | | | 18.30-19.00h |
| 19.00-19.30h | | | | | 19.00-19.30h | WJC 2 | | | | 19.00-19.30h |
| 19.30-20.00h | | 2002er U16 | Bodyfit | | 19.30-20.00h | | | | | 19.30-20.00h |
| 20.00-20.30h | 2. Damen / 3. Damen | | Rückenfit | | 20.00-20.30h | 1. Damen | | | | 20.00-20.30h |
| 20.30-21.00h | | 2. Herren | | | 20.30-21.00h | | 2000er Holvede | | Fitneß- gruppe | 20.30-21.00h |
| 21.00-21.30h | | | | | 21.00-21.30h | | | | | 21.00-21.30h |
| 21.30-22.00h | | | | | 21.30-22.00h | 1. Herren | | | | 21.30-22.00h |

| Freitag | | | Samstag | | | | |
|------------|-----------|------------|---------------------------|------------------------|--------------|---------------------------|--|
| Halle 1 | | Halle 2 | Günther Wendisch Halle | Halle 2 und G.W. Halle | | Günther Wendisch Halle | |
| 1/3 | 2/3 | | | | | | |
| | | | | 09.30-10.30h | 2011er U7 | | |
| | | | | 10.30-11.00h | | | |
| | | | | 11.00-11.30h | | | |
| | | | | 11.30-12.00h | | | |
| | | | | 12.00-12.30h | | | |
| | | | | 12.30-13.00h | | | |
| | | | | 13.00-13.30h | | | |
| | | | | 13.30-14.00h | | | |
| Superminis | | | | 14.00-14.30h | | | |
| Minis jung | | | | 14.30-15.00h | | | |
| Minis alt | | WJE | Leicht- athletik 1 | 15.00-15.30h | | | |
| | | | | 15.30-16.00h | | | |
| | | | | 16.00-16.30h | | | |
| MJC | WJC 1 | WJD 1 | Leicht- athletik 2 | 16.30-17.00h | | | |
| | | | | | 17.00-17.30h | | |
| | | | | 17.30-18.00h | | | |
| | | | | 18.00-18.30h | | | |
| | | | | 18.30-19.00h | | | |
| MJA | | WJA / WJB | Tischtennis | 19.00-19.30h | | | |
| | | | | 19.30-20.00h | | | |
| | | | | 20.00-20.30h | | | |
| Badminton | 1. Herren | 2000er U18 | | 20.30-21.00h | | | |
| | | | | | 21.00-21.30h | | |
| | | | | | 21.30-22.00h | | |