

| | Montag | | Dienstag | | | Mittwoch | | | Donnerstag | | Freitag | | |
|-------|------------|-----|------------|-----------|-----------|------------|--------|-----------|------------|------------|-------------|----------|----|
| | Dortelweil | | Dortelweil | Bergen | | Dortelweil | Bergen | | Dortelweil | Dortelweil | Brunnensch. | Bergen | |
| 16:30 | wE | | | | | | | | | | wE | | |
| 16:45 | | | | | | | | | | | | | |
| 17:00 | | | mE1 | | | | | | | | | | |
| 17:15 | | | mE2 | | | | | | | | | | |
| 17:30 | | | | | | | | | | | | | |
| 17:45 | | | | | | | | | | | | | |
| 18:00 | mC2 | mC1 | | | mB | wB | wC | | wD | | mB | wD | mD |
| 18:15 | mC3 | | | | | | | | | | | | |
| 18:30 | | | mA | | | | | mD | | mA | | wB | |
| 18:45 | | | | | | | | | | | | | |
| 19:00 | | | | | | | | | | | | | |
| 19:15 | | | | | | | | | | | | | |
| 19:30 | | | | | | 2. Damen | | | | | | | |
| 19:45 | | | | | | | | | | | | | |
| 20:00 | 1. Damen | | 3. Männer | 2. Männer | 1. Männer | | | 1. Männer | | 2. Männer | | 1. Damen | |
| 20:15 | | | | | | | | | | | | | |
| 20:30 | | | | | | | | | | | | | |
| 20:45 | | | | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | | |
| 21:15 | | | | | | | | | | | | | |
| 21:30 | | | | | | | | | | | | | |
| 21:45 | | | | | | | | | | | | | |

| | 1. Training | 2. Training | Trainer |
|-----------|---------------|---------------|-----------|
| 1. Männer | Di 20 -22 | Mi 20-22 | |
| 2. Männer | Di 20 -22 | Do 20-22 | |
| 3. Männer | Di 20-22 | | |
| mA | Di 18:30 -20 | Do 18:30-20 | Gerald |
| mB | Di 18 -19:45 | Do 18 -19:30 | Joe |
| mC1 | Mo 18 -19:30 | Fr 19 - 20:30 | Thomas |
| mC2 | Mo 18 -19:30 | Fr 19:30 - 21 | Schubi |
| mC3 | Mo 18 -19:30 | Fr 19:30 - 21 | Markus |
| mD | Mi 18:30 - 20 | Fr 18 -19:30 | Christian |
| mE1 | Di 17-18:30 | Fr 17:45-19 | Claudia |
| mE2 | Di 17-18:30 | Fr 17:45-19 | Phillip |

| | 1. Training | 2. Training | Trainer |
|----------|---------------|--------------|---------|
| 1. Damen | Mo 20-22 | Fr 20--22 | |
| 2. Damen | Mi 19:30 - 21 | | |
| wB | Mi 18 -19:30 | Fr. 18:30-20 | Alex |
| wC | Mi 18-19:30 | Fr 18-19:30 | Mandy |
| wD | Mi 18-19:30 | Fr. 18-19:30 | Elena |
| wE | Mo 16:30-18 | Fr 16:30-18 | Carina |

Svenja
Sunnhild