| Wochentag | MONTAG | | | | | | | DIENSTAG | | | | | | | MITTWOCH | | | | | | | DONNERSTAG | | | | | | | FREITAG | | | | | | | SAMSTAG | | | | | | | SONNTAG | | | | | | |
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| Uhrzeit | Bahnen | | | | | Flachwasser/ Hubboden | | Bahnen | | | | | Flachwasser/ Hubboden | | Bahnen | | | | | Flachwasser/ Hubboden | | Bahnen | | | | | Flachwasser/ Hubboden | | Bahnen | | | | | Flachwasser/ Hubboden | | Bahnen | | | | | Flachwasser/ Hubboden | | Bahnen | | | | | Flachwasser/ Hubboden | |
| | 1. | 2. | 3. | 4. | 5. | 1/2 | 1 | 1. | 2. | 3. | 4. | 5. | 1/2 | 1 | 1. | 2. | 3. | 4. | 5. | 1/2 | 1 | 1. | 2. | 3. | 4. | 5. | 1/2 | 1 | 1. | 2. | 3. | 4. | 5. | 1/2 | 1 | 1. | 2. | 3. | 4. | 5. | 1/2 | 1 | 6. | 7. | 8. | 9. | 10. | 1/3 | 2 |
| 06:30 - 06:45 | Wassertiefe 1,80 m (max. 20 Personen) | | | | | | | Wassertiefe 1,80 m (max. 20 Personen) | | | | | | | Wassertiefe 1,80 m (max. 20 Personen) | | | | | | | Wassertiefe 1,80 m (max. 20 Personen) | | | | | | | Wassertiefe 1,80 m (max. 20 Personen) | | | | | | | | | | | | | | | | | | | |
| 06:45 - 07:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 07:00 - 07:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 07:15 - 07:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 07:30 - 07:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 07:45 - 08:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08:00 - 08:15 | | | | | | | | | | | | | | | | | | | | | | Wassertiefe 1,80 m (max. 20 Personen) | | | | | | | | | | | | | | | | | | | | | Wassertiefe 1,80 m (max. 20 Personen) | | | | | | |
| 08:15 - 08:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08:30 - 08:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 08:45 - 09:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 09:00 - 09:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | Wassergymnastik Zeidan | | | | | | | | | | | | |
| 09:15 - 09:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 09:30 - 09:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 09:45 - 10:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:00 - 10:15 | | | | | | | | | | | | | | | | | | | | | | VHS (ab 10.09.2020) | | | | | | | | | | | | | | | | | | | | | Wassertiefe 1,80 m (max. 20 Personen) | | | | | | |
| 10:15 - 10:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 10:30 - 10:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | Rheumaliga | | | | | | | | | | | | | | | | | | |
| 10:45 - 11:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:00 - 11:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | Familienschwimmen (1 Bahn/Familie) | | | | | | |
| 11:15 - 11:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:30 - 11:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 11:45 - 12:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:00 - 12:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | Wassergymnastik Zeidan | | | | | | | Familienschwimmen (1 Bahn/Familie) | | | | | | | | | | | | |
| 12:15 - 12:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 12:30 - 12:45 | | | | | | | | | | | | | | | | | | | | | | Wassergymnastik Zeidan | | | | | | | | | | | | | | | | | | | | | Familienschwimmen (1 Bahn/Familie) | | | | | | |
| 12:45 - 13:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13:00 - 13:15 | Schwimmkurse | | | | | | | | | | | | | | Wassergymnastik Zeidan | | | | | | | Schwimmkurse | | | | | | | Schwimmkurse | | | | | | | | | | | | | | | | | | |
| 13:15 - 13:30 | | | | | | | | Schwimmkurse | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13:30 - 13:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 13:45 - 14:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14:00 - 14:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | Familienschwimmen (1 Bahn/Familie) | | | | | | | | | | | | |
| 14:15 - 14:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14:30 - 14:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 14:45 - 15:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15:00 - 15:15 | | | | | | | | Wassertiefe 1,80 m (max. 20 Personen) | | | | | | | Wassertiefe 1,80 m (max. 20 Personen) | | | | | | | Wassertiefe 1,80 m (max. 20 Personen) | | | | | | | Wassertiefe 1,80 m (max. 20 Personen) | | | | | | | Familienschwimmen (1 Bahn/Familie) | | | | | | | | | | | | |
| 15:15 - 15:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15:30 - 15:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 15:45 - 16:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16:00 - 16:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | DLRG | | | | | | |
| 16:15 - 16:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 16:30 - 16:45 | | | | | | | | Wassertiefe 1,80 m (max. 20 Personen) | | | | | | | Wassertiefe 1,80 m (max. 20 Personen) | | | | | | | | | | | | | | Wassertiefe 1,80 m (max. 20 Personen) | | | | | | | Familienschwimmen (1 Bahn/Familie) | | | | | | | | | | | | |
| 16:45 - 17:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:00 - 17:15 | | | | | | | | | | | | | | | | | | | | | | Rheumaliga | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:15 - 17:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:30 - 17:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 17:45 - 18:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18:00 - 18:15 | DLRG | | | | | | | Wassertiefe 1,80 m (max. 10 Personen) | | | | | | | | | | | | | | | | | | | | | Wassertiefe 1,80 m (max. 20 Personen) | | | | | | | | | | | | | | | | | | | |
| 18:15 - 18:30 | | | | | | | | | | | | | | | Fit mit Sabrina Lagemann | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18:30 - 18:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 18:45 - 19:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19:00 - 19:15 | | | | | | | | DLRG | Wassertiefe 1,80 m (max. 10 Personen) | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19:15 - 19:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19:30 - 19:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 19:45 - 20:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20:00 - 20:15 | | | | | | | | | | | | | | | Wassertiefe 1,80 m (max. 20 Personen) | | | | | | | | | | | | | | | Wassertiefe 1,80 m (max. 20 Personen) | | | | | | | | | | | | | | | | | | | |
| 20:15 - 20:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20:30 - 20:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 20:45 - 21:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21.00 - 21:15 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21:15 - 21:30 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21:30 - 21:45 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |
| 21:45 - 22:00 | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | | |