



| Zeit | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|---------------|--|---------------------------|--------------------------|--|--------------------------------------|---------------------------|--------------------------------------|
| 08:00 - 08:30 | | | | | | | |
| 08:30 - 09:00 | | | | | | | |
| 09:00 - 09:30 | | | | | | | |
| 09:30 - 10:00 | | | | | | | |
| 10:00 - 10:30 | Schule / Kindergarten | Schule / Kindergarten | Schule / Kindergarten | Schule / Kindergarten | Schule / Kindergarten | | Freizeitfussballer Jenning Jensen |
| 10:30 - 11:00 | | | | | | | |
| 11:00 - 11:30 | | | | | | | |
| 11:30 - 12:00 | | | | | | | |
| 12:00 - 12:30 | | | | | | | |
| 12:30 - 13:00 | | | | | | | |
| 13:00 - 13:30 | | | | | | | |
| 13:30 - 14:00 | | | | | | | |
| 14.00 - 14.30 | | | | | | | |
| 14.30 - 15.00 | | | | | | | |
| 15.00 - 15.30 | | | | | | | |
| 15.30 - 16.00 | | | | | | | |
| 16.00 - 16.30 | | | | | | | |
| 16.30 - 17.00 | | | | Kinder-Leichtathletik Marion Golz, Hanna Hecht, Bernd Schloemp | | | |
| 17.00 - 17.30 | | | | | | | |
| 17.30 - 18.00 | | | | | | | |
| 18.00 - 18.30 | Lauftraining Christiane Anspach-Schr. | | | | | | |
| 18.30 - 19.00 | | | | | | | |
| 19.00 - 19.30 | | | | | | | |
| 19.30 - 20.00 | | SG Elbdeich Rico Röwer | | FuM B. Clausen-Pormetter | | | |
| 20.00 - 20.30 | | | | | Freizeitfussballer Jenning Jensen | SG Elbdeich Rico Röwer | |
| 20.30 - 21.00 | | | | | | | |
| 21.00 - 21.30 | | | | | | | |
| 21.30 - 22.00 | | | | | | | |