

Sportbad																	Freizeitbad		HGB Kurse					
Mittwoch	Hubboden																							
	Bahn 1 50 Meter	Bahn 2 50 Meter	Bahn 3 50 Meter	Bahn 4 50 Meter	Bahn 5 50 Meter	Bahn 6 50 Meter	Bahn 7 50 Meter	Bahn 8 50 Meter	Bahn 9 50 Meter	Bahn 10 50 Meter			1/3 LSB	2. Drittel LSB	Sprung- becken	Erlebnisbecken	freie Beckenwahl							
06:30 - 06:45	Tri Team																							
06:45 - 07:00	Tri Team																							
07:00 - 07:15	Tri Team																							
07:15 - 07:30	Tri Team																							
07:30 - 07:45	Tri Team																							
07:45 - 08:00	Wechsel von 50m auf 25m Bahn																							
Mittwoch	Hubboden																							
Uhrzeit	Treppe (Randbahn)	Bahn 25 Meter	Bahn 25 Meter	Treppe 25 Meter	Bahn 13-9 25 Meter	Bahn 8 25 Meter	Bahn 7 25 Meter	Bahn Treppe 25 Meter	Bahn 6 25 Meter	Bahn 5 25 Meter	Bahn 4 25 Meter	Bahn 3 25 Meter	Bahn 2 25 Meter	Bahn 1 25 Meter	Bahn 0 25 Meter	Randbahn 25 Meter	1/3 LSB	2. Drittel LSB	Sprung- becken	Erlebnisbecken	freie Beckenwahl			
08:00 - 08:15																								
08:15 - 08:30																								
08:30 - 08:45				C.-Rohifs-Gym.					THG bis 21.06.2023	THG bis 21.06.2023	C.-Rohifs-Gym.	C.-Rohifs-Gym.	Erich-Kästner	Hildegardis	Hildegardis		Erich-Kästner							
08:45 - 09:00	Herm.-Löns	Herm.-Löns	Kipper	C.-Rohifs-Gym.							C.-Rohifs-Gym.	C.-Rohifs-Gym.	Erich-Kästner	Hildegardis	Hildegardis	Kipper	Erich-Kästner	Kipper						
09:00 - 09:15	Herm.-Löns	Herm.-Löns	Kipper	C.-Rohifs-Gym.							C.-Rohifs-Gym.	C.-Rohifs-Gym.			Herm.-Löns	Kipper	Herm.-Löns	Kipper						
09:15 - 09:30	Herm.-Löns	Herm.-Löns	Kipper	C.-Rohifs-Gym.							C.-Rohifs-Gym.	C.-Rohifs-Gym.			Herm.-Löns	Kipper	Herm.-Löns	Kipper						
09:30 - 09:45	GS Emst	GS Emst		C.-Rohifs-Gym.							C.-Rohifs-Gym.	C.-Rohifs-Gym.			Herm.-Löns	GS Emst	GS Emst				Seniorenfit			
09:45 - 10:00	GS Emst	GS Emst	SekS Altenhagen	C.-Rohifs-Gym.							C.-Rohifs-Gym.	C.-Rohifs-Gym.			SekS Altenhagen	GS Emst	GS Emst							
10:00 - 10:15	GS Emst	GS Emst	SekS Altenhagen	C.-Rohifs-Gym.							C.-Rohifs-Gym.	C.-Rohifs-Gym.			SekS Altenhagen	GS Emst	GS Emst							
10:15 - 10:30			SekS Altenhagen	C.-Rohifs-Gym.							C.-Rohifs-Gym.	C.-Rohifs-Gym.			SekS Altenhagen	E.-Hegemann	E.-Hegemann							
10:30 - 10:45			SekS Altenhagen	C.-Rohifs-Gym.							C.-Rohifs-Gym.	C.-Rohifs-Gym.			SekS Altenhagen	E.-Hegemann	E.-Hegemann			Fit 135cm				
10:45 - 11:00				C.-Rohifs-Gym.							C.-Rohifs-Gym.	C.-Rohifs-Gym.	Funcke			E.-Hegemann	E.-Hegemann							
11:00 - 11:15	Kipper	Kipper	E.-Hegemann	C.-Rohifs-Gym.							C.-Rohifs-Gym.	C.-Rohifs-Gym.	Funcke		Kipper	E.-Hegemann	E.-Hegemann					Homborner Werkstatt / Funke		
11:15 - 11:30	Kipper	Kipper	E.-Hegemann	C.-Rohifs-Gym.							C.-Rohifs-Gym.	C.-Rohifs-Gym.	Funcke		Kipper	E.-Hegemann	E.-Hegemann							
11:30 - 11:45	Kipper	Kipper	E.-Hegemann	C.-Rohifs-Gym.							C.-Rohifs-Gym.	C.-Rohifs-Gym.	Funcke		Kipper	E.-Hegemann	E.-Hegemann							
11:45 - 12:00	G.-Heinem.	Bodelschw.	E.-Hegemann	FESH-Ges.							FESH-Ges.	FESH-Ges.		Bodelschw.	G.-Heinem.	E.-Hegemann	E.-Hegemann							
12:00 - 12:15	G.-Heinem.	Bodelschw.		FESH-Ges.							FESH-Ges.	FESH-Ges.		Bodelschw.	G.-Heinem.									
12:15 - 12:30	G.-Heinem.	Bodelschw.	RS Halden	FESH-Ges.							FESH-Ges.	FESH-Ges.	RS Halden	RS Halden	Bodelschw.	G.-Heinem.	Goethe	Goethe	G.-Heinem.					
12:30 - 12:45			RS Halden	FESH-Ges.							FESH-Ges.	FESH-Ges.	RS Halden	RS Halden			Goethe	Goethe	Goethe					
12:45 - 13:00			RS Halden										RS Halden	RS Halden			Goethe	Goethe	Goethe					
13:00 - 13:15				Geschw.-Schall							Geschw.-Schall						Goethe	Goethe	Goethe					
13:15 - 13:30				Geschw.-Schall							Geschw.-Schall						Goethe	Goethe	Goethe					
13:30 - 13:45	Meinolf			Geschw.-Schall							Geschw.-Schall						Meinolf	Hildegardis						
13:45 - 14:00	Meinolf			Geschw.-Schall							THG	THG					Meinolf	Hildegardis						
14:00 - 14:15	Meinolf	Ernst-Eversb.	Ernst-Eversb.								THG	THG			C.-Rohifs-Gym	C.-Rohifs-Gym	Meinolf	Hildegardis						
14:15 - 14:30	Meinolf	Ernst-Eversb.	Ernst-Eversb.	FESH-Ges.							THG	THG	FESH-Ges.	FESH-Ges.	C.-Rohifs-Gym	C.-Rohifs-Gym	Meinolf	Hildegardis						
14:30 - 14:45		Ernst-Eversb.	Ernst-Eversb.	FESH-Ges.							THG	THG	FESH-Ges.	FESH-Ges.	C.-Rohifs-Gym	C.-Rohifs-Gym								
14:45 - 15:00		Ernst-Eversb.	Ernst-Eversb.	FESH-Ges.									FESH-Ges.	FESH-Ges.	C.-Rohifs-Gym	C.-Rohifs-Gym							Pinguine	
15:00 - 15:15				FESH-Ges.									FESH-Ges.	FESH-Ges.	C.-Rohifs-Gym	C.-Rohifs-Gym								
15:15 - 15:30													FESH-Ges.	FESH-Ges.	C.-Rohifs-Gym	C.-Rohifs-Gym			Seepferdchen					
15:30 - 15:45	Ha 94	Ha 94	Ha 94	Ha 94											C.-Rohifs-Gym	C.-Rohifs-Gym	Ha 94	Ha 94						
15:45 - 16:00	Ha 94	Ha 94	Ha 94	Ha 94											C.-Rohifs-Gym	C.-Rohifs-Gym	Ha 94	Ha 94						
16:00 - 16:15	Ha 94	Ha 94	Ha 94	Ha 94							Ha 94	Ha 94	Ha 94	Ha 94	Ha 94	Ha 94	Ha 94	Ha 94						
16:15 - 16:30	Ha 94	Ha 94	Ha 94	Ha 94							Tri Team	Ha 94	Ha 94	Ha 94	Ha 94	Ha 94	Ha 94	Ha 94						
16:30 - 16:45	Ha 94	Ha 94	Ha 94	Ha 94							Tri Team	Ha 94	Ha 94	Ha 94	Ha 94	Ha 94	Ha 94	Ha 94						
16:45 - 17:00	Ha 94	Ha 94	Ha 94	Ha 94							Tri Team	Ha 94	Ha 94	Ha 94	Ha 94	Ha 94	Ha 94	Ha 94						
17:00 - 17:15	Ha 94	Ha 94	Ha 94	Ha 94							Tri Team	Ha 94	Ha 94	Ha 94	Ha 94	Ha 94	Ha 94	Ha 94						
17:15 - 17:30	Ha 94	Ha 94	Ha 94	Ha 94							Tri Team	Tri Team	Tri Team	Ha 94	Ha 94	Ha 94	Ha 94	Ha 94			Seepferdchen			
17:30 - 17:45	Ha 94	Ha 94	Ha 94	Ha 94							Tri Team	Tri Team	Tri Team	Ha 94	Ha 94	Ha 94	Ha 94	Ha 94						
17:45 - 18:00	Ha 94	Ha 94	Ha 94	Ha 94							Tri Team	Tri Team	Tri Team	Ha 94	Ha 94	Ha 94	Ha 94	Ha 94			Fit 135cm Jogging 390cm			
18:00 - 18:10	Ha 94	Ha 94	Ha 94	Ha 94							Tri Team	Tri Team	Tri Team	Ha 94	Ha 94	Ha 94	Ha 94	Ha 94						
18:10 - 18:20	Wechsel von 50m auf 25m Bahn																							
	Bahn 1 50 Meter	Bahn 2 50 Meter	Bahn 3 50 Meter	Bahn 4 50 Meter	Bahn 5 50 Meter	Bahn 6 50 Meter	Bahn 7 50 Meter	Bahn 8 50 Meter	Bahn 9 50 Meter	Bahn 10 50 Meter			1/3 LSB	2. Drittel LSB	Sprung- becken	Erlebnisbecken	freie Beckenwahl							
18:20 - 18:30	Westf. 23	Westf. 23	Ha 94	Ha 94	Tri Team								Ha 94											
18:30 - 18:45	Westf. 23	Westf. 23	Ha 94	Ha 94	Tri Team								Ha 94											
18:45 - 19:00	Westf. 23	Westf. 23	Ha 94	Ha 94	Tri Team								Ha 94					Cycling Level 1+2 135cm						
19:00 - 19:15	Westf. 23	Westf. 23	Ha 94	Ha 94	Tri Team								Ha 94											
19:15 - 19:30	Westf. 23	Westf. 23	Ha 94	Ha 94	Tri Team								Ha 94	Ha 94										
19:30 - 19:45	Westf. 23	Westf. 23	Ha 94	Ha 94	Tri Team								Ha 94	Ha 94				Aquapower 135cm						
19:45 - 20:00	Westf. 23	Westf. 23	Ha 94	Ha 94	Tri Team								Ha 94	Ha 94										
20:00 - 20:10	Westf. 23	Westf. 23	Ha 94	Ha 94	Tri Team																			
20:10 - 20:20	Tri Team																	TSG Hagen						
20:20 - 20:30	Tri Team																	Aqua Boxing	TSG Hagen					
20:30 - 20:45	Tri Team																		TSG Hagen					
20:45 - 21:00	Tri Team																		TSG Hagen					
21:00 - 21:15	Tri Team																		TSG Hagen					
21:15 - 21:30	Tri Team																		TSG Hagen					