

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|-------|--------------------|---------------------------------|---------------------------------|-------------------|---------------------------------|---------|-------------------|
| 9.00 | | WIRBEL- SÄULEN- GYMNASTIK | TAI JI | | | | |
| 10.00 | | WIRBEL- SÄULEN- GYMNASTIK | | | | | |
| 11.00 | | | | | | | |
| 12.00 | | | | | | | CHEER- LEADING |
| 13.00 | | | | | | | |
| 14.00 | | | | | ELTERN- KIND-TURNEN | | |
| 15.00 | | TENNIS KINDER | | | ELTERN- KIND-TURNEN | | |
| 16.00 | CHEER- LEADING | | | CHEER- LEADING | KINDER- TURNEN 4-6 JAHRE | | |
| 17.00 | | | | | KINDER- TURNEN 6-10 JAHRE | | |
| 18.00 | | TAI JI | | | CHEER- LEADING | | |
| 19.00 | RÜCKEN- FITNESS | MÄNNER- GYMNASTIK | FRAUEN- GYMNASTIK | | | | |
| 20.00 | FIT & FUN | | WIRBEL- SÄULEN- GYMNASTIK | | | | |
| 21.00 | | | ALLES AUSSER FUSSBALL | | | | |
| 22.00 | | | | | | | |