



| Tag | Zeit | Halle 1 | Halle 2 | Halle 3 | Halle 4 | Stockkamp | Gymnasium | Grundschule | Zeit |
|-------------------|---------------|----------------|----------------|----------------|----------------|--------------|--|-------------------------|-------------|
| Montag | 16.00-17.00 | Reha | JSG Hasetal | JSG Hasetal | Leichtathletik | Karate | Halle ist geschlossen, wegen Renovierungsarbeiten | Kinderturnen | 16.00-17.00 |
| | 17.00-18.00 | Leichtathletik | Leichtathletik | Leichtathletik | Leichtathletik | Karate | | HipHop | 17.00-18.00 |
| | 18.00-19.00 | Volleyball | Leichtathletik | Leichtathletik | Leichtathletik | Karate | | Gymnastik | 18.00-19.00 |
| | 19.00-20.00 | Volleyball | Winkum | Winkum | Jufu | Gymnastik | | Gymnastik Reha | 19.00-20.00 |
| | 20.00-21.00 | Jufu | Jufu | Jufu | Jufu | Lehrersport | | Remmers / Betriebssport | 20.00-21.00 |
| | 21.00-22.00 | Borkhorn | Benstrup | Sport Böen | Sport Böen | | | Remmers / Betriebssport | 21.00-22.00 |
| Dienstag | 16.00-17.00 | Rückenschule | Jufu | Jufu | Jufu | HipHop | | Kinderturnen | 16.00-17.00 |
| | 17.00-18.00 | JSG Hasetal | JSG Hasetal | Polizei | Polizei | TT | | Kinderturnen | 17.00-18.00 |
| | 18.00-19.00 | JSG Hasetal | JSG Hasetal | Volleyball | Volleyball | TT | | Gymnastik | 18.00-19.00 |
| | 19.00-20.00 | Volleyball | JSG Hasetal | Volleyball | Volleyball | TT | | Badminton | 19.00-20.00 |
| | 20.00-21.00 | Volleyball | Basketball | Basketball | JSG Hasetal | TT | Badminton | 20.00-21.00 | |
| | 21.00-22.00 | Wachstum | Wachstum | Basketball | JSG Hasetal | TT | Badminton | 21.00-22.00 | |
| Mittwoch | 16.00-17.00 | Volleyball | Jufu | Leichtathletik | Leichtathletik | Jufu | HipHop | 16.00-17.00 | |
| | 17.00-18.00 | Volleyball | JSG Hasetal | Leichtathletik | Leichtathletik | Karate | Basketball | 17.00-18.00 | |
| | 18.00-19.00 | Volleyball | JSG Hasetal | Jufu | Leichtathletik | Jufu | Basketball | 18.00-19.00 | |
| | 19.00-20.00 | Volleyball | Evenkamp | Evenkamp | Leichtathletik | Basketball | Basketball | 19.00-20.00 | |
| | 20.00-21.00 | Winkum AH | Winkum AH | Winkum AH | Winkum AH | Basketball | Basketball | 20.00-21.00 | |
| | 21.00-22.00 | Winkum AH | Winkum AH | Winkum AH | Winkum AH | Basketball | Basketball | 21.00-22.00 | |
| Donnerstag | 16.00-17.00 | JSG Hasetal | JSG Hasetal | Jufu | Jufu | HipHop | Kinderturnen | 16.00-17.00 | |
| | 17.00-18.00 | JSG Hasetal | JSG Hasetal | Leichtathletik | Leichtathletik | HipHop | Basketball | 17.00-18.00 | |
| | 18.00-19.00 | JSG Hasetal | JSG Hasetal | Leichtathletik | Leichtathletik | Gymnastik | Basketball | 18.00-19.00 | |
| | 19.00-20.00 | Reha | Jufu | Volleyball | Reha | Gymnastik | Reha Arzt | 19.00-20.00 | |
| | 20.00-21.00 | VFL A.H. | VFL A.H. | VFL A.H. | VFL A.H. | Volleyball | Reha Arzt | 20.00-21.00 | |
| | 21.00-22.00 | VFL A.H. | VFL A.H. | VFL A.H. | VFL A.H. | Volleyball | | 21.00-22.00 | |
| Freitag | 16.00-17.00 | Jufu | Jufu | Jufu | Jufu | Kinderturnen | HipHop | 16.00-17.00 | |
| | 17.00-18.00 | Volleyball | Basketball | Basketball | Volleyball | TT | HipHop | 17.00-18.00 | |
| | 18.00-19.00 | Volleyball | Basketball | Basketball | Volleyball | TT | HipHop | 18.00-19.00 | |
| | 19.00-20.00 | Volleyball | Basketball | Basketball | Volleyball | TT | HipHop | 19.00-20.00 | |
| | 20.00-21.00 | Volleyball | Basketball | Basketball | Volleyball | TT | HipHop | 20.00-21.00 | |
| | 21.00-22.00 | | Basketball | Basketball | | TT | | 21.00-22.00 | |
| Samstag | 09.00-11.00 | | | | | HipHop | HipHop | | |
| | 11:00 - 12:30 | | | | | HipHop | HipHop | | |
| | 12:30 - 14:00 | | | | | HipHop | HipHop | | |
| Sonntag | | | | | TT | | | | |

= Freie Hallenzeiten

= Änderung