

| Zeiten | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|------------------------------|--|--|-------------------------------------|----------------------------------|--|-----------------------------|--------------------------------------|
| 08:00 | | | | | | | |
| 08:30 | | | | | | Fussball 08:30 - 11:00 | |
| 09:00 | Für Rückenkurs reserviert 09:00 - 10:00 | Lafim-Diakonie 13:30 - 14:30 | Tagespflege (KiGa) 09:30 - 10:30 | Polizei BRB 10:00 - 11:30 | Kinderfussball 9:00 - 10:30 | | |
| 09:30 | | | | | | | |
| 10:00 | KiTa kleine Fische 10:15 - 11:30 geplant | | Polizei BRB 10:30 - 12:00 | Polizei BRB 10:00 - 11:30 | | | |
| 10:30 | | | | | | | |
| 11:00 | | | | Polizei BRB 11:30 - 13:00 | | | |
| 11:30 | Aktive Pause THB MA 11:30 - 12:15 | | | | | | Basketball - Frauen 11:30 - 13:00 |
| 12:00 | | Wasserschutz-Polizei jeden 2. & 3. Dienstag/Monat 12:00 - 14:30 | | Amtsgericht 13:00 - 14:00 | Calisthenics & Gymnastik 13:00 - 14:30 | | |
| 12:30 | | | | | | | |
| 13:00 | | | | | | | Badminton Studi 13:00 - 15:30 |
| 13:30 | | | | ZenIT Sport 14:00 - 15:30 | Tischtennis 13:00 - 16:00 | | |
| 14:00 | | | | | | | |
| 14:30 | Polizei BRB 14:00 - 15:30 | | Kinderfussball 14:00 - 15:30 | BGM Bewegungskurs 15:30-16:30 | | | |
| 15:00 | | VHS Kinder 15:00-16:00 | | | | | |
| 15:30 | | VHS Kinder 16:15-17:15 | Pilotprojekt HS-Sport | | | | |
| 16:00 | | | Badminton FBI 16:30 - 18:30 | Tischtennis 17:00 - 19:00 | Basketball 17:30 - 19:00 | | |
| 16:30 | | | | | | | |
| 17:00 | Yoga (BGM) 17:00 - 18:30 | VHS Fit Mix 17:30-19:00 | | | | | |
| 17:30 | | | | | | | |
| 18:00 | | | | | | | |
| 18:30 | | | | Volleyball 19:00 - 20:30 | Fussball 2 19:00 - 21:30 | | |
| 19:00 | Tischtennis 19:00 - 21:00 | Badminton Studi 19:30 - 21:00 | | | | | |
| 19:30 | | | | | | | |
| 20:00 | | | Fussball 2 20:00 - 21:30 | | | Volleyball 19:30 - 21:30 | |
| 20:30 | | | | | | | |
| 21:00 | | Tanzkurs 21:00 - 22:30 | | | | | |
| 21:30 | | | | | | | |
| 22:00 | | | | | | | |
| 22:30 | | | | | | | |
| externe Kurse/ Nutzer | | KiTa | Kinderfussball | VHS | Lafim ZenIT | Polizei | Amtsgericht |

| Zeiten | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|--|--------|----------|-----------------------------|------------|-----------------------------|-----------------------------|---------|
| 08:00 | | | | | | | |
| 08:30 | | | | | | Fussball 1 08:30 - 11:00 | |
| 09:00 | | | | | | | |
| 09:30 | | | | | | | |
| 10:00 | | | | | | | |
| 10:30 | | | | | | | |
| 11:00 | | | | | | | |
| 11:30 | | | | | | | |
| 12:00 | | | | | | | |
| 12:30 | | | | | | | |
| 13:00 | | | | | | | |
| 13:30 | | | | | | | |
| 14:00 | | | | | | | |
| 14:30 | | | | | | | |
| 15:00 | | | | | | | |
| 15:30 | | | | | | | |
| 16:00 | | | | | | | |
| 16:30 | | | | | | | |
| 17:00 | | | | | Fussball 2 17:00 - 19:00 | | |
| 17:30 | | | Fussball 1 17:30 - 21:30 | | | | |
| 18:00 | | | | | | | |
| 18:30 | | | | | | | |
| 19:00 | | | | | | | |
| 19:30 | | | | | | | |
| 20:00 | | | | | | | |
| 20:30 | | | | | | | |
| 21:00 | | | | | | | |
| Fussballgruppe 1: Ansprechpartner, Tataw Thiery | | | | | | | |
| Fussballgruppe 2: Ansprechpartner, Taha Chebbale | | | | | | | |