

Mehrzweckraum

| MZR | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag |
|-------------|----------------------------------------|----------------------------------------|------------------------------------------------|-------------------------------------------------|----------------------------------|---------------------------------------------|
| Uhrzeit | | | | | | |
| 08:00-09:30 | | | | | | |
| 9.30-10.00 | | | | | | |
| 10.00-10.30 | 10:00-11:00 Panthers | | | | | 10:00-12:00 MMA David Jesch |
| 10.30-11.00 | | | | | | |
| 11.00-11.30 | | | | | | |
| 11.30-12.00 | 11:30-13:30 Kind der Stadt Stiftung | 11:30-13:30 Kind der Stadt Stiftung | | | | 12:00-14:00 Kickboxen Andreas Drewlau |
| 12.00-12.30 | | | | | | |
| 12.30-13.00 | | | | | | |
| 13.00-13.30 | | | | | | |
| 13.30-14.00 | | | | | | |
| 14.00-14.30 | | | | | Judo-AG GidW | |
| 14.30-15.00 | | | | | | |
| 15.00-15.30 | | | | | | |
| 15.30-16.00 | | | | | | |
| 16.00-16.30 | 16:00-18:00 Kind der Stadt Stiftung | | 15:45-17:00 Judo Andrej Plett | 16:00-18:00 Leichtathletik | 15:45-17:00 Judo Andrej Plett | |
| 16.30-17.00 | | | | | | |
| 17.00-17.30 | | | | | | |
| 17.30-18.00 | | | 17:30-19:00 Kickboxen Jugend Chr. Müller | | | |
| 18.00-18.30 | | 18:00-19:00 Kickboxen A. Drewlau | | | | |
| 18.30-19.00 | | | | | | |
| 19.00-19.30 | 19:00-20:30 MMA David Jesch | 19:00-20:30 MMA | 19:00-20:00 Kickboxen MMA | 18:00-21:00 Formations-Tanz Anna Grobelny | 18:30-20:00 Kickboxen | |
| 19.30-20.00 | | | | | | |
| 20.00-20.30 | | | 20:00- 21:30 MMA David Jesch | | 20:00-21:30 MMA | |
| 20.30-21.00 | | | | | | |
| 21.00-21.30 | | | | | | |
| 21.30-22.00 | | | | | | |