

Montag	Bahn 4		Bahn 5	LSB 50%
8.00-8.15				
8.15-8.30				
8.30-8.45				
8.45-9.00				
9.00-9.15				
9.15-9.30				
9.30-9.45				
9.45-10.00				
10.00-10.15				
10.15-10.30				
10.30-10.45				
10.45-11.00				
11.00-11.15				
11.15-11.30				
11.30-11.45				
11.45-12.00				
12.00-12.15				
12.15-12.30				
12.30-12.45				
12.45-13.00				
13.00-13.15	Erasmus Schule Heusenstamm			VSG
13.15-13.30				
13.30-13.45				
13.45-14.00				
14.00-14.15				
14.15-14.30				
14.30-14.45				
14.45-15.00				
15.00-15.15				
15.15-15.30	TSV		TSV	TSV
15.30-15.45				
15.45-16.00				
16.00-16.15				
16.15-16.30				
16.30-16.45				
16.45-17.00				
17.00-17.15				
17.15-17.30				
17.30-17.45				
17.45-18.00				
18.00-18.15	DLRG			DLRG
18.15-18.30				
18.30-18.45				
18.45-19.00				
19.00-19.15	DLRG			VSG
19.15-19.30				
19.30-19.45				
19.45-20.00				
20.00-20.15	VSG			
20.15-20.30				
20.30-20.45				
20.45-21.00	DLRG			
21.15-21.30				

Dienstag	Bahn 4	Bahn 5	LSB 50%
8.00-8.15	Adolf -Reichwein-Schule Heusenstamm		
8.15-8.30			
8.30-8.45			
8.45-9.00			
9.00-9.15			
9.15-9.30			
9.30-9.45			
9.45-10.00			
10.00-10.15			
10.15-10.30			
10.30-10.45			
10.45-11.00			
11.00-11.15			
11.15-11.30			
11.30-11.45			
11.45-12.00	Adalbert-Stifter-Schule Heusenstamm		
12.00-12.15			
12.15-12.30			
12.30-12.45			
12.45-13.00			
13.00-13.15			
13.15-13.30			
13.30-13.45			
13.45-14.00			
14.00-14.15			
14.15-14.30			
14.30-14.45			
14.45-15.00		Adolf -Reichwein-Schule	
15.00-15.15			
15.15-15.30			
15.30-15.45			
15.45-16.00			
16.00-16.15	Erasmus Schule Heusenstamm		
16.15-16.30			
16.30-16.45	TSV	TSV	VHS
16.45-17.00			
17.00-17.15			
17.15-17.30			
17.30-17.45			
17.45-18.00			
18.00-18.15			
18.15-18.30			
18.30-18.45			
18.45-19.00			
19.00-19.15			
19.15-19.30			
19.30-19.45			
19.45-20.00			
20.00-20.15			
20.15-20.30			
20.30-20.45			
20.45-21.00			
21.15-21.30			

Mittwoch	Bahn 4	Bahn 5	LSB 50%
8.00-8.15	Adolf-Reichwein-Gymnasium Heusenstamm		
8.15-8.30			
8.30-8.45			
8.45-9.00			
9.00-9.15			
9.15-9.30			
9.30-9.45			
9.45-10.00			
10.00-10.15			
10.15-10.30			
10.30-10.45			
10.45-11.00	Mathias Claudius Schule Heusenstamm		
11.00-11.15			
11.15-11.30			
11.30-11.45			
11.45-12.00			
12.00-12.15			
12.15-12.30			
12.30-12.45	Otto Hahn-Schule Heusenstamm		
12.45-13.00			
13.00-13.15			
13.15-13.30			
13.30-13.45			
13.45-14.00			
14.00-14.15			
14.15-14.30			VHS SMK
14.30-14.45			
14.45-15.00			
15.00-15.15			
15.15-15.30			
15.30-15.45			
15.45-16.00		VHS	
16.00-16.15			
16.15-16.30		TSV	TSV
16.30-16.45			
16.45-17.00			
17.00-17.15			
17.15-17.30			
17.30-17.45			
17.45-18.00	TSV	TSV	
18.00-18.15			
18.15-18.30			
18.30-18.45			
18.45-19.00			VHS Wasser Gymnastik
19.00-19.15			
19.15-19.30			
19.30-19.45			
19.45-20.00			
20.00-20.15			
20.15-20.30			
20.30-20.45			
20.45-21.00			
21.15-21.30			

Donnerstag	Bahn 4	Bahn 5	LSB 50%
8.00-8.15	Adolf -Reichwein Schule Heusenstamm		
8.15-8.30			
8.30-8.45			
8.45-9.00			
9.00-9.15			
9.15-9.30			
9.30-9.45			
9.45-10.00			
10.00-10.15			
10.15-10.30			
10.30-10.45			
10.45-11.00	Erasmusschule Heusenstamm		Wasser Gymnastik VHS
11.00-11.15			VHS
11.15-11.30			
11.30-11.45			TSV Babyschwimmkurs
11.45-12.00			
12.00-12.15			
12.15-12.30			
12.30-12.45			
12.45-13.00			
13.00-13.15			
13.15-13.30			
13.30-13.45			
13.45-14.00			
14.00-14.15		VHS Schwimmkurse	VHS Schwimmkurse
14.15-14.30			
14.30-14.45			
14.45-15.00			
15.00-15.15			
15.15-15.30			
15.30-15.45			
15.45-16.00			
16.00-16.15			
16.15-16.30	TSV	TSV	
16.30-16.45			
16.45-17.00			
17.00-17.15			
17.15-17.30			
17.30-17.45			
17.45-18.00			
18.00-18.15			VHS Wasser Gymnastik
18.15-18.30			
18.30-18.45			
18.45-19.00			
19.00-19.15			
19.15-19.30			
19.30-19.45			
19.45-20.00			
20.00-20.15			
20.15-20.30			
20.30-20.45			
20.45-21.00			
21.15-21.30			

Freitag	Bahn 4	Bahn 5	LSB 50%
8.00-8.15	Otto Hahn-Schule Heusenstamm		
8.15-8.30			
8.30-8.45			
8.45-9.00			
9.00-9.15			
9.15-9.30			
9.30-9.45			
9.45-10.00	Adolf-Reichwein-Gymnasium Heusenstamm		
10.00-10.15			
10.15-10.30			
10.30-10.45			
10.45-11.00			
11.00-11.15			
11.15-11.30			
11.30-11.45			
11.45-12.00			
12.00-12.15			
12.15-12.30			
12.30-12.45			
12.45-13.00			
13.00-13.15			
13.15-13.30			
13.30-13.45			
13.45-14.00			
14.00-14.15	VHS Schwimmkurse	VHS	VHS Schwimmkurse
14.15-14.30		TSV	
14.30-14.45			
14.45-15.00			
15.00-15.15			
15.15-15.30			
15.30-15.45			
15.45-16.00			
16.00-16.15			
16.15-16.30			
16.30-16.45	TSV		
16.45-17.00			
17.00-17.15			
17.15-17.30			
17.30-17.45			
17.45-18.00			
18.00-18.15			TSV
18.15-18.30			
18.30-18.45			
18.45-19.00			
19.00-19.15			
19.15-19.30			
19.30-19.45			
19.45-20.00			
20.00-20.15			
20.15-20.30			
20.30-20.45			
20.45-21.00			
21.00-21.15			
21.15-21.30			

Samstag	Bahn 4	Bahn 5	LSB 50%
10.00-10.15			
10.15-10.30			VHS Schwimmkurs
10.30-10.45			
10.45-11.00			
11.00-11.15			
11.15-11.30			
11.30-11.45			
11.45-12.00			
12.00-12.15			
12.15-12.30			
12.30-12.45			
12.45-13.00			
13.00-13.15			
13.15-13.30			
13.30-13.45			
13.45-14.00			
14.00-14.15			
14.15-14.30			
14.30-14.45			
14.45-15.00			
15.00-15.15			
15.15-15.30			
15.30-15.45			
15.45-16.00			
16.00-16.15			
16.15-16.30			
16.30-16.45			
16.45-17.00			
17.00-17.15			
17.15-17.30			
17.30-17.45			
17.45-18.00			

Sonntag	Bahn 4	Bahn 5	LSB 50%
10.00-10.15			
10.15-10.30			
10.30-10.45			
10.45-11.00			
11.00-11.15			
11.15-11.30			
11.30-11.45			
11.45-12.00			
12.00-12.15			
12.15-12.30			
12.30-12.45			
12.45-13.00			
13.00-13.15			
13.15-13.30			
13.30-13.45			
13.45-14.00			
14.00-14.15			
14.15-14.30			
14.30-14.45			
14.45-15.00			
15.00-15.15			
15.15-15.30			
15.30-15.45			
15.45-16.00			
16.00-16.15			
16.15-16.30			
16.30-16.45			
16.45-17.00			
17.00-17.15			
17.15-17.30			
17.30-17.45			
17.45-18.00			