

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	DLRG		DLRG
18.00-18.15			
18.15-18.30			
18.30-18.45			
18.45-19.00	DLRG		
19.00-19.15			
19.15-19.30			
19.30-19.45			
19.45-20.00	VSG		
20.00-20.15			
20.15-20.30			
20.30-20.45	DLRG		
20.45-21.00			
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	Lindenschule Heusenstamm		
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		Adolf -Reichwein-Schule	
14.00-14.15			
14.15-14.30			
14.30-14.45			
14.45-15.00			
15.00-15.15			
15.15-15.30	Erasmus Schule Heusenstamm		
15.30-15.45			
15.45-16.00			VHS Aqua Aerobic
16.00-16.15			
16.15-16.30			
16.30-16.45	TSV	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			
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			

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				
11.00-11.15	Mathias Claudius Schule Heusenstamm			
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	Otto Hahn-Schule Heusenstamm			
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			VHS SMK	
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			VHS	
16.45-17.00				
17.00-17.15			TSV	
17.15-17.30		TSV		
17.30-17.45		TSV		
17.45-18.00	TSV	TSV	TSV	
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				

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					
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			VSG		
15.45-16.00					
16.00-16.15					
16.15-16.30					
16.30-16.45					
16.45-17.00					
17.00-17.15			TSV	TSV	VHS Wasser Gymnastik
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					

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		VSG	
16.45-17.00			
17.00-17.15	TSV		
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			

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			

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			