

| Zeit | Montag 09. Apr | | Dienstag 10. Apr | | Mittwoch 11. Apr | | Donnerstag 12. Apr | | Freitag 13. Apr | | Samstag 14. Apr | | Sonntag 15. Apr | | Zeit |
|---------------|-------------------------|------------------------|---------------------|------------------------|--------------------------|--------------------------|-----------------------|--------------|--------------------|--------------------|--------------------|--------------------|--------------------|---------|---------------|
| | Alt | Neu | Alt | Neu | Alt | Neu | Alt | Neu | Alt | Neu | Alt | Neu | Alt | Neu | |
| 08.30 – 09.00 | | | Kiga | | Wilmes, Jürgens Tajce | Haskamp / Müller | | Training | | Gruppe Fredeweß | | | | | 08.30 – 09.00 |
| 09.00 – 09.30 | | | Kiga | Eiskamp, Kranenkamp | Wilmes, Jürgens Tajce | Haskamp / Müller | | Training | | Gruppe Fredeweß | Jugend | Harkebrügge Uwe | | | 09.00 – 09.30 |
| 9.30 – 10.00 | | Montags Damen | Kiga | Eiskamp, Kranenkamp | Training | | | | | Training | Jugend | Harkebrügge Uwe | | | 9.30 – 10.00 |
| 10.00 – 10.30 | | Montags Damen | Kiga | | Training | | | Herren 65 | | Training | Jugend | Harkebrügge Uwe | Gruppe Scheps | | 10.00 – 10.30 |
| 10.30 – 11.00 | | Montags Damen | Kiga | | Training | | | Herren 65 | | | Jugend | Harkebrügge Uwe | Gruppe Scheps | Haskamp | 10.30 – 11.00 |
| 11.00 – 11.30 | | | | | Training | | | Herren 65 | | | Jugend | | Gruppe Scheps | Haskamp | 11.00 – 11.30 |
| 11.30 – 12.00 | | | | | Grundschule | | | Herren 65 | | | Jugend | | Gruppe Scheps | Haskamp | 11.30 – 12.00 |
| 12.00 – 12.30 | | | | | Grundschule | | | | | | Jugend | | Kahmann | Haskamp | 12.00 – 12.30 |
| 12.30 – 13.00 | | | | | | | | | | | Jugend | | Kahmann | Kzyk | 12.30 – 13.00 |
| 13.00 – 13.30 | | | | | | | | | | | | | | Kzyk | 13.00 – 13.30 |
| 13.30 – 14.00 | | | | | | | | | | | | | | | 13.30 – 14.00 |
| 14.00 – 14.30 | Training | Training | Training | Training | Training | Training | Training | Training | Training | Training | Training | | | | 14.00 – 14.30 |
| 14.30 – 15.00 | Training | Training | Training | Training | Training | Training | Training | Training | Training | Training | Training | | | | 14.30 – 15.00 |
| 15.00 – 15.30 | Training | Training | Training | Training | Training | Training | Training | Training | Training | Training | Training | | | | 15.00 – 15.30 |
| 15.30 – 16.00 | Training | Training | Training | Training | Training | Training | Training | Training | Training | Training | Training | | | | 15.30 – 16.00 |
| 16.00 – 16.30 | Training | Training | Training | Training | Training | Training | Training | Training | Training | Training | Training | | | | 16.00 – 16.30 |
| 16.30 – 17.00 | Training | Training | Training | Training | Training | Training | Training | Training | Training | Training | Training | | | | 16.30 – 17.00 |
| 17.00 – 17.30 | Training | Training | Training | Training | Training | Training | Training | Training | Training | Training | Training | | | | 17.00 – 17.30 |
| 17.30 – 18.00 | Training | Training | Training | Training | Training | Training | Training | Training | Training | Training | Training | | | | 17.30 – 18.00 |
| 18.00 – 18.30 | Training | Kuper / | Training | Haskamp | Training | Klaproth, Burscheid | Training | Training | Training | Training | Training | | | | 18.00 – 18.30 |
| 18.30 – 19.00 | Training | Kuper / | Training | Haskamp | Training | Klaproth, Burscheid | Training | Training | Training | Training | Gruppe Özer | | | | 18.30 – 19.00 |
| 19.00 – 19.30 | Weigelt | Damen 40 | Training | Damen 30 | Gruppe Drees | Gruppe Drees | Gruppe Zach | Gruppe Hagen | Training | Training | Gruppe Özer | | | | 19.00 – 19.30 |
| 19.30 – 20.00 | Weigelt | Damen 40 | Gruppe Baxi | Damen 30 | Gruppe Drees | Gruppe Drees | Gruppe Zach | Gruppe Hagen | Herren 30 | Gruppe Özer | | | | | 19.30 – 20.00 |
| 20.00 – 20.30 | Haskamp / Krause | Damen 40 | Gruppe Baxi | Damen 30 | Gruppe Drees | Fischer / Leidenfrost | Weigelt | Herren 50 | Herren 30 | Herren 30 | | | | | 20.00 – 20.30 |
| 20.30 – 21.00 | Haskamp / Krause | Damen 40 | Gruppe Baxi | Damen 30 | Gruppe Drees | Fischer / Leidenfrost | Weigelt | Herren 50 | Herren 30 | Herren 30 | | | | | 20.30 – 21.00 |
| 21.00 – 21.30 | Holleremann / Krause | Brinkmann / Schulte | Gruppe Baxi | | | | | Herren 50 | Herren 30 | | | | | | 21.00 – 21.30 |
| 21.30 – 22.00 | Holleremann / Krause | Brinkmann / Schulte | | | | | | Herren 50 | | | | | | | 21.30 – 22.00 |
| 22.00 – 22.30 | | | | | | | | | | | | | | | 22.00 – 22.30 |