

Stundenplan der TGSO (alle Gruppen auf einen Blick)

(gültig ab März 2026)

| Uhrzeit | Montag | | | Dienstag | | | Mittwoch | | | Donnerstag | | | Freitag | | | Samstag |
|---------|--------|--|--|----------|--|--|----------|--|--|------------|--|--|---------|--|--|---------|
| 08:30 | | | | | | | | | | | | | | | | |
| 09:00 | | | | | | | | | | | | | | | | |
| 09:30 | | | | | | | | | | | | | | | | |
| 10:00 | | | | | | | | | | | | | | | | |
| 10:30 | | | | | | | | | | | | | | | | |
| 11:00 | | | | | | | | | | | | | | | | |
| 11:30 | | | | | | | | | | | | | | | | |
| 12:00 | | | | | | | | | | | | | | | | |
| 13:30 | | | | | | | | | | | | | | | | |
| 13:45 | | | | | | | | | | | | | | | | |
| 14:00 | | | | | | | | | | | | | | | | |
| 14:15 | | | | | | | | | | | | | | | | |
| 14:30 | | | | | | | | | | | | | | | | |
| 14:45 | | | | | | | | | | | | | | | | |
| 15:00 | | | | | | | | | | | | | | | | |
| 15:15 | | | | | | | | | | | | | | | | |
| 15:30 | | | | | | | | | | | | | | | | |
| 15:45 | | | | | | | | | | | | | | | | |
| 16:00 | | | | | | | | | | | | | | | | |
| 16:15 | | | | | | | | | | | | | | | | |
| 16:30 | | | | | | | | | | | | | | | | |
| 16:45 | | | | | | | | | | | | | | | | |
| 17:00 | | | | | | | | | | | | | | | | |
| 17:15 | | | | | | | | | | | | | | | | |
| 17:30 | | | | | | | | | | | | | | | | |
| 17:45 | | | | | | | | | | | | | | | | |
| 18:00 | | | | | | | | | | | | | | | | |
| 18:15 | | | | | | | | | | | | | | | | |
| 18:30 | | | | | | | | | | | | | | | | |
| 18:45 | | | | | | | | | | | | | | | | |
| 19:00 | | | | | | | | | | | | | | | | |
| 19:15 | | | | | | | | | | | | | | | | |
| 19:30 | | | | | | | | | | | | | | | | |
| 19:45 | | | | | | | | | | | | | | | | |
| 20:00 | | | | | | | | | | | | | | | | |
| 20:15 | | | | | | | | | | | | | | | | |
| 20:30 | | | | | | | | | | | | | | | | |
| 20:45 | | | | | | | | | | | | | | | | |
| 21:00 | | | | | | | | | | | | | | | | |
| 21:15 | | | | | | | | | | | | | | | | |
| 21:30 | | | | | | | | | | | | | | | | |
| 21:45 | | | | | | | | | | | | | | | | |
| 22:00 | | | | | | | | | | | | | | | | |
| 22:15 | | | | | | | | | | | | | | | | |
| 22:30 | | | | | | | | | | | | | | | | |

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| Legende: | Ostbaarhalle groß | Schulturnhalle | Gemeindezentrum |
| | Ostbaarhalle Gymraum | Ostbaarhalle Krafraum | Outdoor |

Stand: 18.03.2026