

Trainingszeiten Herbst / Winter 2023 / 2024

| Tag | Zeit | Veranstaltung | Ansprechpartner |
|--------------------------------|----------------|--|-----------------|
| Montag 8:00 Öffnung | | | |
| | 09:30 - 11:00 | Golden Masters & Friends - Wasser | Eltern |
| | 16:00 - 17:00 | El & Ki's, die "Kleinen" | |
| | bis 18:00 | freies Training | Helmchen, Anja |
| | 18:00 - 20:00 | allg. Training / Ergo-Training | |
| | 20:00 - 22:00 | freies Training | |
| Dienstag 8:00 Öffnung | | | |
| | 6:30 - 7:30 | Ergo-Training | Anja |
| | bis 16:00 | freies Training | Maren |
| | 16:00 - 18:00 | Kinder | |
| | 16:00 - 18:00 | Junioren | Maren |
| | 18:00 - 20:00 | Sling Fitness | Arne |
| | 20:00 - 22:00 | freies Training | |
| Mittwoch 8:00 Öffnung | | | |
| | 09:30 - 11:00 | Golden Masters & Friends - Wasser | Maren |
| | bis 16:00 | freies Training | |
| | 16:00 - 18:00 | Junioren | Helmchen |
| | 18:00 - 20:00 | allg. Training / Ergo-Training | Rebecca |
| | 18:30 - 19:30 | im Alten Gym: Gymnastik/Dehnung/Flexi | |
| | 20:00 - 22:00 | freies Training | |
| Donnerstag 8:00 Öffnung | | | |
| | bis 16:00 | freies Training | Lasse |
| | 16:00 - 18:00 | Junioren | |
| | 16:00 - 18:00 | Kinder | Maren |
| | 18:00 - 20:00 | allg. Training, Spielabend, Kochabend, geselliges Beisammensein, Klubabend | Arndt, Kira |
| | 20:00 - 22:00 | freies Training | |
| Freitag 8:00 Öffnung | | | |
| | bis 16:00 | freies Training | Arne |
| | 15:00 | fortge.Master - Wasser | |
| | 16:00 - 18:00 | Junioren | Maren |
| | 18:00 - 20:00 | allg. Training / Ergo-Training | Helmchen |
| | 20:00 - 22:00 | freies Training | |
| Samstag 8:00 Öffnung | | | |
| | 09:30 - 11:30 | allg. Ruderbetrieb - Wasser | Maren |
| | 08:30 - 10:30 | Junioren | |
| | 10:00 - 12:00 | Kinder | Niklas |
| | 12:00 - 14:00 | Junioren | Maren |
| | 14:00 - 22:00 | freies Training | |
| Sonntag 8:00 Öffnung | | | |
| | 07:00 - 09:00 | freies Training | Maren |
| | 10:00 - 12:00 | Junioren | |
| | 11:00 - 13:00 | Riemen Grundausbildung - Wasser | Ilka |
| | 12:00 - 22:00 | freies Training | |
| | Legende | Erwachsene | |
| | | Kinder / Jugend / Junioren/-innen | |
| | | Kids | |
| | | alle | |