

| Std. | Uhrzeit | Montag | Dienstag | Mittwoch | Donnerstag | Freitag |
|------------------------|---------------|---------------|-------------------|-------------------------|---------------------|-------------------------|
| 1 | 8.00 - 8.45 | Wilma Rudolph | Wilma-Rudolph | Wilma-Rudolph | Johanna-Gerdes-GS | Wilma Rudolph |
| 2 | 8.50 - 9.35 | Wilma-Rudolph | Wilma-Rudolph | Wilma-Rudolph | Johanna-Gerdes-GS | Wilma Rudolph |
| 3 | 9.55 - 10.40 | Wilma-Rudolph | Johanna-Gerdes-GS | Johanna-Gerdes-GS | Johanna-Gerdes-GS | Wilma Rudolph |
| 4 | 10.45 - 11.30 | Wilma-Rudolph | Johanna-Gerdes-GS | Johanna-Gerdes-GS | Johanna-Gerdes-GS | Wilma Rudolph |
| 5 | 11.35 - 12.20 | Wilma-Rudolph | Johanna-Gerdes-GS | ab 11.50 Wilma Rudolph | Johanna-Gerdes-GS | Wilma Rudolph |
| 6 | 12.25 - 13.10 | Wilma-Rudolph | Johanna-Gerdes-GS | Wilma Rudolph | Johanna-Gerdes-GS | Wilma Rudolph |
| 7 | 13.15 - 14.00 | Wilma Rudolph | Johanna-Gerdes-GS | Wilma Rudolph | Johanna-Gerdes-GS | Wilma Rudolph bis 14.30 |
| 8 | 14.10 - 14.45 | Wilma-Rudolph | Quentin-Blake | Wilma Rudolph bis 14.30 | Biesalski bis 15.00 | ab 14.30 Quentin-Blake |
| 9 | 15.00 - 15.45 | Wilma-Rudolph | Quentin-Blake | ab 14.30 F+E | F + E | Quentin-Blake |
| | 16.00 - 17.00 | Z 88 * | JFH | F + E | F + E | Z 88 * |
| | 17.00 - 18.00 | Z 88 * | JFH | F + E | F + E | Z 88 * |
| | 18.00 - 19.00 | F + E | FU | F + E | JFH | Sportamt |
| | 19.00 - 20.00 | JFH | FU | F + E | JFH | Sportamt |
| | 20.00 - 21.00 | JFH | FU | F + E bis 20.30 | JFH | Sportamt |
| | 21.00 - 21.30 | JFH | FU | ab 20.30 JFH | JFH | Sportamt |
| * 01.10.20- 31.03.2021 | | | | | | |