

| | | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|-------|---------|---------------------------------------|-------------------------------|---------------------------------------|-------------------------------|--------------------------------|----------------------|---------|
| 06:00 | - 06:30 | | | | | | | |
| 06:30 | - 07:00 | | | | | | | |
| 07:00 | - 07:30 | | Rudern | | Rudern | | | |
| 07:30 | - 08:00 | | | | | | | |
| 08:00 | - 08:30 | Judo weiblich 3 PK, 3 EK | | Judo weiblich 3 PK, 3 EK | | Judo weiblich 3 PK, 3 EK | | |
| 08:30 | - 09:00 | | | | | | | |
| 09:00 | - 09:30 | | Wasserball Waspo 98 | | Wasserball Waspo 98 | | | |
| 09:30 | - 10:00 | | | | | | | |
| 10:00 | - 10:30 | Judo männlich 3 PK, 3 EK | | Judo männlich 3 PK, 3 EK | | Judo männlich 3 PK, 3 EK | Wasserball Nachwuchs | |
| 10:30 | - 11:00 | | | | | | | |
| 11:00 | - 11:30 | | | | | | Triathlon | |
| 11:30 | - 12:00 | | | | | | | |
| 12:00 | - 12:30 | | | | | | | |
| 12:30 | - 13:00 | | | | | | | |
| 13:00 | - 13:30 | | | | | | | |
| 13:30 | - 14:00 | | | | | Tennis | | |
| 14:00 | - 14:30 | | | | | | | |
| 14:30 | - 15:00 | Tischtennis Nachwuchs 5 NK1, 3 NK2 | Rudern 3 PK, 4 NK1 | Tischtennis Nachwuchs 5 NK1, 3 NK2 | Rudern 3 PK, 4 NK1 | | Rudern | |
| 15:00 | - 15:30 | | | | | | | |
| 15:30 | - 16:00 | | | | | | | |
| 16:00 | - 16:30 | Judo Nachwuchs 3 NK1, 5 NK2 | Wasserball Nachwuchs 8 NK1 | Judo Nachwuchs 3 NK1, 5 NK2 | Wasserball Nachwuchs 8 NK1 | Judo Nachwuchs 3 NK1, 5 NK2 | | |
| 16:30 | - 17:00 | | | | | | | |
| 17:00 | - 17:30 | | | | | | | |
| 17:30 | - 18:00 | | | | | | | |
| 18:00 | - 18:30 | Schwimmen 2 PK, 3 NK1 | Schwimmen 2 PK, 3 NK1 | Schwimmen 2 PK, 3 NK1 | Schwimmen 2 PK, 3 NK1 | Rugby NRV | | |
| 18:30 | - 19:00 | | | | | | | |
| 19:00 | - 19:30 | | | | | | | |
| 19:30 | - 20:00 | | | | | | | |
| 20:00 | - 20:30 | | | | | | | |
| 20:30 | - 21:00 | | | | | | | |
| 21:00 | - 21:30 | | | | | | | |
| 21:30 | - 22:00 | | | | | | | |