

| Zeit | Montag 30.01.2023 | | Dienstag 31.01.2023 | | Mittwoch 01.02.2023 | | Donnerstag 02.02.2023 | | Freitag 03.02.2023 | | Samstag 04.02.2023 | | Sonntag 05.02.2023 | | Zeit |
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| | Arena | Tr. Halle | Arena | Tr. Halle | Arena | Tr. Halle | Arena | Tr. Halle | Arena | Tr. Halle | Arena | Tr. Halle | Arena | Tr. Halle | |
| 07:30 | | | 07:30-08:45 | | | | | | | | | | | | 07:30 |
| :45 | | | Förder Tr | | | | | | | | | | | | :45 |
| 08:00 | | | K-5 | | | | | | | | | | | | 08:00 |
| :15 | | | 08:45-09:30 | | 08:45-09:30 | | | | | | | | | | :15 |
| :30 | | | Regenbogen | | Regenbogen | | 09:15-10:00 | | | | | | | | :30 |
| :45 | | | K-6 | | K-6 | | Farbstr. | | | | | | | | :45 |
| 09:00 | | | | | | | K-6 | | | | | | | | 09:00 |
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| Zeit | Arena | Tr. Halle | Arena | Tr. Halle | Arena | Tr. Halle | Arena | Tr. Halle | Arena | Tr. Halle | Arena | Tr. Halle | Arena | Tr. Halle | Zeit |

19.01. Montag Dienstag Mittwoch Donnerstag Freitag Samstag Sonntag