

Maandag

| | 1,25m/var | 1,25m/var | | | | 3m | 3m | 3m | 3m | 3m | | | | |
|---------------|-------------------------------|-----------|--------|-----------|--------|--------|--------|--------|--------------|---------|-----------------|--|--|--|
| | Baan 10 | Baan 9 | Baan 8 | Baan 7 | Baan 6 | Baan 5 | Baan 4 | Baan 3 | Baan 2 | Baan 1 | Instr. | | | |
| 07u00 - 07u15 | | | | | | | | | | | | | | |
| 07u15 - 07u30 | | | | | | | | | | | | | | |
| 07u30 - 07u45 | | | | | | | | | | | | | | |
| 07u45 - 08u00 | | | | | | | | | | | | | | |
| 08u00 - 08u15 | | | | | | | | | | | | | | |
| 08u15 - 08u30 | | | | | | | | | | | | | | |
| 08u30 - 09u00 | | | | | | | | | | | | | | |
| 09u00 - 09u15 | VBS Tielrode | | | | | | | | | | VBS Tielrode | | | |
| 09u15 - 09u30 | VBS Tielrode | | | | | | | | | | VBS Tielrode | | | |
| 09u30 - 09u45 | St. Henricus | | | | | | | | St. Henricus | | St. Henricus | | | |
| 09u45 - 10u00 | St. Henricus | | | | | | | | St. Henricus | | St. Henricus | | | |
| 10u00 - 10u15 | Sint-Anna 9/09 tem 16/12/2024 | | | | | | | | | | Sint-Anna | | | |
| 10u15 - 10u30 | | | | | | | | | | | | | | |
| 10u30 - 10u45 | | | | | | | | | | | | | | |
| 10u45 - 11u00 | | | | | | | | | | | | | | |
| 11u00 - 11u15 | SJB | | | | | | | | | | SJB | | | |
| 11u15 - 11u30 | | | | | | | | | | | | | | |
| 11u30 - 11u45 | | | | | | | | | | | | | | |
| 11u45 - 12u00 | | | | | | | | | | | | | | |
| 12u00 - 12u15 | | | | | | | | | | | | | | |
| 12u15 - 12u30 | | | | | | | | | | | | | | |
| 12u30 - 12u45 | | | | | | | | | | | | | | |
| 12u45 - 13u00 | | | | | | | | | | | | | | |
| | Baan 10 | Baan 9 | Baan 8 | Baan 7 | Baan 6 | Baan 5 | Baan 4 | Baan 3 | Baan 2 | Baan 1 | Instr. | | | |
| 13u00 - 13u15 | | | | | | | | | | | | | | |
| 13u15 - 13u30 | | | | | | | | | | | | | | |
| 13u30 - 13u45 | Hollebeek | | | | | | | | | | 1/2de Hollebeek | | | |
| 13u45 - 14u00 | | | | | | | | | | | | | | |
| 14u00 - 14u15 | | | | | | | | | | | | | | |
| 14u15 - 14u30 | | | | | | | | | | | | | | |
| 14u30 - 15u45 | | | | Hollebeek | | | | | | | | | | |
| 14u45 - 15u00 | | | | Hollebeek | | | | | | | | | | |
| 15u00 - 15u15 | | | | | | | | | | | | | | |
| 15u15 - 15u30 | | | | | | | | | | | | | | |
| 15u30 - 15u45 | | | | | | | | | | | | | | |
| 15u45 - 16u00 | | | | | | | | | | | | | | |
| 16u00 - 16u15 | | | | | | | | | | | | | | |
| 16u15 - 16u30 | | | | | | | | | | | | | | |
| 16u30 - 16u45 | | | | | | | | | | | | | | |
| 16u45 - 17u00 | | | | | | | | | | | | | | |
| 17u00 - 17u15 | | | | | | | | | | | | | | |
| 17u15 - 17u30 | | | | | | | | | | | | | | |
| 17u30 - 17u45 | | | | | | | | | | | | | | |
| 17u45 - 18u00 | | | | | | | | | | | | | | |
| 18u00 - 18u15 | | | | | | | | | | | | | | |
| 18u15 - 18u30 | | | | | | TSZ | | | | TSZ | | | | |
| 18u30 - 18u45 | | | | | | TSZ | | | | TSZ | | | | |
| 18u45 - 19u00 | | | | | | TSZ | | | | TSZ | | | | |
| 19u00 - 19u15 | | | | | | TSZ | | | | AQUAGYM | | | | |
| 19u15 - 19u30 | | | | | | TSZ | | | | AQUAGYM | | | | |
| 19u30 - 19u45 | | | | | | TSZ | | | | AQUAGYM | | | | |
| 19u45 - 20u00 | | | | | | TSZ | | | | AQUAGYM | | | | |
| 20u00 - 20u15 | | | | | | TSZ | | | | AQUAGYM | | | | |
| 20u15 - 20u30 | | | | | | TSZ | | | | AQUAGYM | | | | |
| 20u30 - 20u45 | | | | | | TSZ | | | | AQUAGYM | | | | |
| 20u45 - 21u00 | | | | | | TSZ | | | | AQUAGYM | | | | |
| 21u00 - 21u15 | Temse duikers | | | | | | | | | | | | | |
| 21u15 - 21u30 | Temse duikers | | | | | | | | | | | | | |
| 21u30 - 21u45 | Temse duikers | | | | | | | | | | | | | |
| 21u45 - 22u00 | Temse duikers | | | | | | | | | | | | | |

Woensdag

| | 1,25m/var | 1,25m/var | | | | 3m | 3m | 3m | 3m | 3m | | |
|---------------|-----------------|-----------|--------|----------------|--------|--------|----------------|--------|--------|--------|-----------|--|
| | Baan 10 | Baan 9 | Baan 8 | Baan 7 | Baan 6 | Baan 5 | Baan 4 | Baan 3 | Baan 2 | Baan 1 | Instr. | |
| 07u00 - 07u15 | TSZ: 6u00-7u30 | | | | | | | | | | | |
| 07u15 - 07u30 | TSZ: 6u00-7u30 | | | | | | | | | | | |
| 07u30 - 07u45 | | | | | | | Kazerne Burcht | | | | | |
| 07u45 - 08u00 | | | | | | | | | | | | |
| 08u00 - 08u15 | | | | | | | | | | | | |
| 08u15 - 08u30 | | | | | | | | | | | | |
| 08u30 - 09u00 | | | | | | | | | | | | |
| 09u00 - 09u15 | BS Velle | | | | | | | | | | Velle | |
| 09u15 - 09u30 | BS Velle | | | | | | | | | | | |
| 09u30 - 09u45 | BS Velle | | | | | | Hollebeek | | | | Hollebeek | |
| 09u45 - 10u00 | BS Velle | | | | | | Hollebeek | | | | Hollebeek | |
| 10u00 - 10u15 | Hollebeek | | | | | | | | | | Hollebeek | |
| 10u15 - 10u30 | Hollebeek | | | | | | | | | | Hollebeek | |
| 10u30 - 10u45 | Hollebeek | | | | | | | | | | Hollebeek | |
| 10u45 - 11u00 | Hollebeek | | | | | | | | | | Hollebeek | |
| 11u00 - 11u15 | Hollebeek | | | | | | | | | | | |
| 11u15 - 11u30 | Hollebeek | | | | | | | | | | | |
| 11u30 - 11u45 | | | | | | | | | | | | |
| 11u45 - 12u00 | | | | | | | | | | | | |
| 12u00 - 12u15 | | | | | | | | | | | | |
| 12u15 - 12u30 | | | | | | | | | | | | |
| 12u30 - 12u45 | | | | | | | | | | | | |
| 12u45 - 13u00 | | | | | | | | | | | | |
| | Baan 10 | Baan 9 | Baan 8 | Baan 7 | Baan 6 | Baan 5 | Baan 4 | Baan 3 | Baan 2 | Baan 1 | Instr. | |
| 13u00 - 13u15 | | | | | | | | | | | | |
| 13u15 - 13u30 | | | | | | | | | | | | |
| 13u30 - 13u45 | Vita Zwemschool | | | | | | | | | | | |
| 13u45 - 14u00 | | | | | | | | | | | | |
| 14u00 - 14u15 | | | | | | | | | | | | |
| 14u15 - 14u30 | | | | | | | | | | | | |
| 14u30 - 15u45 | | | | | | | | | | | | |
| 14u45 - 15u00 | | | | | | | | | | | | |
| 15u00 - 15u15 | | | | | | | | | | | | |
| 15u15 - 15u30 | | | | | | | | | | | | |
| 15u30 - 15u45 | | | | | | | | | | | | |
| 15u45 - 16u00 | | | | | | | | | | | | |
| 16u00 - 16u15 | | | | | | | | | | | | |
| 16u15 - 16u30 | | | | | | | | | | | | |
| 16u30 - 16u45 | | | | | | | | | | | | |
| 16u45 - 17u00 | | | | | | | | | | | | |
| 17u00 - 17u15 | | | | | | | | | | | | |
| 17u15 - 17u30 | | | | | | | | | | | | |
| 17u30 - 17u45 | | | | | | | | | | | | |
| 17u45 - 18u00 | | | | | | | | | | | | |
| 18u00 - 18u15 | | | | | | | | | | | | |
| 18u15 - 18u30 | | | | | | TSZ | | | | TSZ | | |
| 18u30 - 18u45 | | | | | | TSZ | | | | TSZ | | |
| 18u45 - 19u00 | | | | | | TSZ | | | | TSZ | | |
| 19u00 - 19u15 | | | | | | TSZ | | | | TSZ | | |
| 19u15 - 19u30 | | | | | | TSZ | | | | TSZ | | |
| 19u30 - 19u45 | | | WZK | WZK: Waterpolo | | | | | | | | |
| 19u45 - 20u00 | | | | WZK: Waterpolo | | | | | | | | |
| 20u00 - 20u15 | | | | WZK: Waterpolo | | | | | | | | |
| 20u15 - 20u30 | | | | WZK: Waterpolo | | | | | | | | |
| 20u30 - 20u45 | | | | | | | | | | | | |
| 20u45 - 21u00 | | | | | | | | | | | Scuba | |
| 21u00 - 21u15 | | | | | | | | | | | Scuba | |
| 21u15 - 21u30 | | | | | | | | | | | Scuba | |
| 21u30 - 21u45 | | | | | | | | | | | Scuba | |
| 21u45 - 22u00 | | | | | | | | | | | Scuba | |

Vrijdag

| | 1,25m/var | 1,25m/var | | | | 3m | 3m | 3m | 3m | 3m | | |
|---------------|---|-----------|--------|--------|--------|--------|--------|--------|--------|--------|---------|--|
| | Baan 10 | Baan 9 | Baan 8 | Baan 7 | Baan 6 | Baan 5 | Baan 4 | Baan 3 | Baan 2 | Baan 1 | Instr. | |
| 07u00 - 07u15 | Vroegzwemmen: voor abonnementen / 20-beurtenkaarten | | | | | | | | | | | |
| 07u15 - 07u30 | | | | | | | | | | | | |
| 07u30 - 07u45 | | | | | | | | | | | | |
| 07u45 - 08u00 | | | | | | | | | | | | |
| 08u00 - 08u15 | | | | | | | | | | | | |
| 08u15 - 08u30 | | | | | | | | | | | | |
| 08u30 - 09u00 | | | | | | | | | | | | |
| 09u00 - 09u15 | BS Sint-Jozef Zouaaf | | | | | | | | | | | |
| 09u15 - 09u30 | | | | | | | | | | | | |
| 09u30 - 09u45 | | | | | | | | | | | | |
| 09u45 - 10u00 | | | | | | | | | | | | |
| 10u00 - 10u15 | | | | | | | | | | | | |
| 10u15 - 10u30 | | | | | | | | | | | | |
| 10u30 - 10u45 | De Vierklaver | | | | | | | | | | | |
| 10u45 - 11u00 | | | | | | | | | | | | |
| 11u00 - 11u15 | Sint-Lutgart Belsele | | | | | | | | | | | |
| 11u15 - 11u30 | | | | | | | | | | | | |
| 11u30 - 11u45 | | | | | | | | | | | | |
| 11u45 - 12u00 | | | | | | | | | | | AQUAGYM | |
| 12u00 - 12u15 | | | | | | | | | | | | |
| 12u15 - 12u30 | | | | | | | | | | | | |
| 12u30 - 12u45 | | | | | | | | | | | | |
| 12u45 - 13u00 | | | | | | | | | | | | |
| | Baan 10 | Baan 9 | Baan 8 | Baan 7 | Baan 6 | Baan 5 | Baan 4 | Baan 3 | Baan 2 | Baan 1 | Instr. | |
| 13u00 - 13u15 | | | | | | | | | | | | |
| 13u15 - 13u30 | BS Priester Poppe | | | | | | | | | | | |
| 13u30 - 13u45 | | | | | | | | | | | | |
| 13u45 - 14u00 | | | | | | | | | | | | |
| 14u00 - 14u15 | | | | | | | | | | | | |
| 14u15 - 14u30 | Nektari | | | | | | | | | | | |
| 14u30 - 14u45 | | | | | | | | | | | | |
| 14u45 - 15u00 | | | | | | | | | | | | |
| 15u00 - 15u15 | | | | | | | | | | | | |
| 15u15 - 15u30 | | | | | | | | | | | | |
| 15u30 - 15u45 | | | | | | | | | | | | |
| 15u45 - 16u00 | | | | | | | | | | | | |
| 16u00 - 16u15 | | | | | | | | | | | | |
| 16u15 - 16u30 | | | | | | | | | | | | |
| 16u30 - 16u45 | | | | | | | | | | | | |
| 16u45 - 17u00 | | | | | | | | | | | | |
| 17u00 - 17u15 | | | | | | | | | | | | |
| 17u15 - 17u30 | | | | | | | | | | | | |
| 17u30 - 17u45 | | | | | | | | | | | | |
| 17u45 - 18u00 | | | | | | | | | | | | |
| 18u00 - 18u15 | | | | | | | | | | | | |
| 18u15 - 18u30 | | | | | | | | | | | | |
| 18u30 - 18u45 | | | | | | | | | | | | |
| 18u45 - 19u00 | | | | | | | | | | | | |
| 19u00 - 19u15 | | | | | | | | | | | | |
| 19u15 - 19u30 | | | | | | | | | | | | |
| 19u30 - 19u45 | | | | | | | | | | | | |
| 19u45 - 20u00 | | | | | | | | | | | | |
| 20u00 - 20u15 | | | | | | | | | | | | |
| 20u15 - 20u30 | | | | | | | | | | | | |
| 20u30 - 20u45 | | | | | | | | | | | | |
| 20u45 - 21u00 | | | | | | | | | | | | |
| 21u00 - 21u15 | Temse duikers | | | | | | | | | | | |
| 21u15 - 21u30 | | | | | | | | | | | | |
| 21u30 - 21u45 | | | | | | | | | | | | |
| 21u45 - 22u00 | | | | | | | | | | | | |

