

| Verein/ Organisator | Tag | von | bis | verantw. Person Vorname | verantw. Person Nachname | Strasse / Klasse | PLZ | Ort | Tel.-Nr. | Natel | E-Mail |
|-----------------------------------|------------|-------|-------|----------------------------|-----------------------------|------------------|------|------------|---------------|---------------|---|
| Schule Zizers | Montag | 8.10 | 9.45 | | | | | | | | |
| Schule Zizers | Montag | 10.10 | 11.45 | | | | | | | | |
| Schule Zizers | Montag | 12.30 | 13.15 | | | | | | | | |
| AfM | Montag | 13.30 | 15.05 | P. | Platz | AfM OS | | | | | |
| Schule Zizers | Montag | 15.20 | 16.55 | U. | Adank | 5B | | | | | |
| TV Jugi KiTu | Montag | 17.00 | 18.55 | Michaela | Leupin | Calandastrasse 2 | 7205 | Zizers | 079 307 19 00 | | micha.leupin@gmx.ch |
| Schule Zizers | Dienstag | 8.10 | 8.55 | | | | | | | | |
| Schule Zizers | Dienstag | 9.00 | 9.45 | | | | | | | | |
| Schule Zizers | Dienstag | 10.10 | 11.45 | | | | | | | | |
| Schule Zizers | Dienstag | 12.30 | 13.15 | | | | | | | | |
| Schule Zizers | Dienstag | 13.30 | 15.05 | | | | | | | | |
| Schule Zizers | Dienstag | 15.20 | 16.55 | | | | | | | | |
| TV Jugi | Dienstag | 17.15 | 20.00 | Michaela | Leupin | Calandastrasse 2 | 7205 | Zizers | | 079 307 19 00 | micha.leupin@gmx.ch |
| ESV Rätia Zizers | Dienstag | 20.00 | 22.00 | Elias | Perret | Schlundstrasse 9 | 7205 | Zizers | | 079 277 75 97 | eliasperret@gmx.net |
| Schule Zizers | Mittwoch | 8.10 | 9.45 | | | | | | | | |
| Schule Zizers | Mittwoch | 10.10 | 11.45 | | | | | | | | |
| TV Frauenriege | Mittwoch | 16.00 | 17.00 | Marlies | Casal-Hunger | Im Rosgarten 14 | 7205 | Zizers | 079 719 91 81 | | marlies.casal@bluewin.ch f.opprecht@bluewin.ch |
| Männerriege | Mittwoch | 18.30 | 20.00 | Felix | Opprecht | Feldstrasse 47 | 7205 | Zizers | 081 322 75 39 | | ziza44@bluewin.ch |
| TV Zizers | Mittwoch | 20.00 | 22.00 | Sandra | Hartmann | Büechliberg 10 | 8733 | Eschenbach | | 078604 92 09 | hartmann.sandra@gmx.ch |
| Schule Zizers | Donnerstag | 8.10 | 8.55 | | | | | | | | |
| Schule Zizers | Donnerstag | 9.00 | 9.45 | | | | | | | | |
| Schule Zizers | Donnerstag | 10.10 | 11.45 | | | | | | | | |
| Schule Zizers | Donnerstag | 12.30 | 13.15 | | | | | | | | |
| Schule Zizers | Donnerstag | 13.30 | 15.05 | | | | | | | | |
| Schule Zizers | Donnerstag | 15.20 | 16.55 | | | | | | | | |
| GKB Sportkids | Donnerstag | 17.00 | 18.30 | Felix | Brendler | Rangsstrasse 29 | 7205 | Zizers | | 076 544 43 27 | felix@brendler.ch |
| Volley Zizers | Donnerstag | 18.30 | 22.00 | Ursina | Hafner | Quaderstrasse 7 | 7205 | Zizers | | | ursinavogt@sunrise.ch |
| Schule Zizers | Freitag | 8.10 | 9.45 | | | | | | | | |
| Schule Zizers | Freitag | 10.10 | 11.45 | | | | | | | | |
| Schule Zizers | Freitag | 13.30 | 15.05 | | | | | | | | |
| Schule Zizers | Freitag | 15.20 | 16.55 | | | | | | | | |
| UHC Alligator Malans | Freitag | 18.35 | 20.30 | Manuela | Britt | Bachschwellena 7 | 7214 | Grüsch | 081 330 34 52 | 079 258 66 79 | info@alligatormalans.ch |
| TV Zizers Jugendriege (Unihockey) | Samstag | 10.00 | 12.00 | | | | | | | | oelfer@gmx.net |
| Cevi Jungschar | Samstag | 14.00 | 18.00 | Evang. Kirchgde | Graf Tina | Vialstrasse 13 | 7205 | Zizers | | 079 852 24 73 | tina.graf@zizers-reformiert.ch |