

Rapperswil-Jona

Sportschule



Stundenplan

Schuljahr 2025 / 2026



KLASSEN

Klasse	Lehrerinnen und Lehrer	
sk1a	Sarah Romano	Martina Walker
sk1b	Gian-Reto Riedi	Regula Müller
sk2a	David Beglinger	Laura Zahner
sk2b	Thomas Brändli	Chanel Janes
sk3a	Sarah Bichler	Janine Bleisch
sk3b	Michael Bucher	Lucia Lusti

LEHRPERSONEN

Lehrpersonen	
BE	Marco Beeler
BD	David Beglinger
BS	Sarah Bichler
BL	Lars Bischof
BJ	Janine Bleisch
BT	Thomas Brändli
BR	Michael Brunner
BM	Michael Bucher
CA	Arben Causi
GV	Verena Gisler
JC	Chanel Janes
LL	Lucia Lusti
MR	Regula Müller
PE	Ernest Plizga
RG	Gian-Reto Riedi
RS	Sarah Romano
SS	Seraina Stammbach
WM	Martina Walker
WU	Urs Winteler
ZL	Laura Zahner

FÄCHER

Abk.	Fach
Arb	Arbeitsstunde
Athl	Athletenschulung
BO	Berufliche Orientierung
BT	Betreute Zeit
Deu	Deutsch
Eng	Englisch
ERG	Ethik, Religion, Gemeinschaft
Fra	Französisch
LA	Lernatelier
Mat	Mathematik
M + I	Medien und Informatik
Mittag	Mittagessen
MNU	Mat. naturwiss. Unterricht
NT	Natur und Technik
Proj	Projektarbeit
RZG	Räume, Zeiten, Gesellschaft
Spo	Sport
TxG	Textiles Gestalten
TeG	Technisches Gestalten
WAH	Wirtschaft, Arbeit, Haushalt

Förd	Förderunterricht
TS	Teilsetting
WF	Wahlpflichtfach
LINK	Selbstorganisiertes Lernen

sk1a

Sportklasse sk1a; Sarah Romano / Martina Walker

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
1 7:30 8:15	LA RG	Spo Spo Spo Spo Spo WU BE BL PE BT	LA MR	Spo Spo Spo Spo BE BL PE	LA RS
2 8:20 9:05	Arb RS		LINK F RS		RZG RS
3 9:10 9:55	Deu RS Förd SS	RZG RS	M + I RG NT TS WM	Eng G RG Eng M MR Eng E BJ	ERG RS
4 10:15 11:00	Spo Spo Spo Spo WU BE PE BT	Athl BE	LINK M WM LINK M RG Förd SS	M + I RG NT TS WM	TxG GV TeG CA
5 11:05 11:50		LINK D RS	Mat RG Mat WM	Mat RG Mat WM	
6 12:00 12:30	Mittag RG Mittag BE Mittag BD	Mittag BE Mittag BJ Mittag BM	LA RG	Mittag BR Mittag WM Mittag BM	Mittag BR Mittag BT Mittag BD
7 12:30 12:55					
8 13:00 13:45		Arb RS		Mat RG Mat WM	LINK M WM
9 13:50 14:35	LINK D RS	Fra RS Fra BJ		Deu RS Deu MR	Fra RS Fra BJ
10 14:45 15:30	LINK M RG Förd SS	Eng G RG Eng M MR Eng E BJ		LINK E RG LINK E MR LINK E BJ	NT WM
11 15:30 16:15	LA MR	LA RG		LA WM	LA RS
12 16:15 17:00	BT	BT		BT	BT

sk1b

Sportklasse sk1b; Gia-Reto Riedi / Regula Müller

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
17:30 8:15	LA RG	Spo Spo Spo Spo Spo WU BE BL PE BT	LA MR	Spo Spo Spo Spo BE BL PE	LA RS
28:20 9:05	Arb RG		M + I NT TS RG WM		TeG TxG CA GV
39:10 9:55	Mat RG	Mat RG	LINK D MR	Eng G RG Eng M MR Eng E BJ	
410:15 11:00	Spo Spo Spo Spo WU BE PE BT	Fra RS	LINK M WM LINK M RG Förd SS	Deu MR Förd SS	RZG RS
511:05 11:50		ERG RG	RZG RS	LINK D MR	Mat RG
612:00 12:30	Mittag RG Mittag BE Mittag BD	Mittag BE Mittag BJ Mittag BM	LA RG	Mittag BR Mittag WM Mittag BM	Mittag BR Mittag BT Mittag BD
712:30 12:55					
813:00 13:45	LINK M RG	LINK M RG		Fra RS	
913:50 14:35	Athl BE	Arb RG		M + I NT TS RG WM	NT WM
1014:45 15:30	Deu MR Deu RS	Eng G RG Eng M MR Eng E BJ		LINK E RG LINK E MR LINK E BJ	LINK F RS
1115:30 16:15	LA MR	LA RG		LA WM	LA RS
1216:15 17:00	BT	BT		BT	BT

sk2a

Sportklasse sk2a; David Beglinger / Laura Zahner

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
1 7:30 8:15	LA BT	Spo WU Spo BE Spo BL Spo PE Spo BT	LA BT	Spo BE Spo BL Spo PE	
2 8:20 9:05	Arb BD		Mat BD Förd SS		LA ZL
3 9:10 9:55	Athl BE	Deu ZL Deu JC	Fra RS BO BT	LINK D ZL	Deu ZL Deu JC
4 10:15 11:00	Spo WU Spo BE Spo PE Spo BT	NT BS	LINK M BD	WAH JC M + I BT	Förd SS LINK D ZL
5 11:05 11:50		Eng G JC Eng M BM Eng E ZL			ERG ZL
6 12:00 12:30	Mittag RG Mittag BE Mittag BD	Mittag BE Mittag BJ Mittag BM		WAH JC Mittag BR Mittag WM Mittag BM	Mittag BR Mittag BT Mittag BD
7 12:30 12:55				WAH JC	
8 13:00 13:45	Fra RS Arb BD	NT TS BS		NT TS BS	LINK M BD LINK M BT
9 13:50 14:35	Mat BD Mat BT	RZG BM		RZG BM	BO BD
10 14:45 15:30	LINK M BD	LINK F RS LINK F JC		LINK E JC LINK E BM LINK E ZL	LA BD LA BT
11 15:30 16:15	LA BD Fra WF JC	LA JC		LA JC Lega SS	
12 16:15 17:00	BT	BT		BT	BT

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
1 7:30 - 8:15	LA BT	Spo Spo Spo Spo Spo WU BE BL PE BT	LA BT	Spo Spo Spo BE BL PE	
2 8:20 - 9:05	Arb BT		Mat Förd BT SS		LA ZL
3 9:10 - 9:55	Mat Mat BT BD	NT TS BS	Fra BO JC BT	LINK M BT BD LINK M	RZG BM
4 10:15 - 11:00	Spo Spo Spo Spo WU BE PE BT	Deu Deu JC ZL	LINK M BT	NT BS	WAH M + I JC BT
5 11:05 - 11:50		Eng G JC BM ZL Eng M Eng E	ERG BT	RZG BM	
6 12:00 - 12:30	Mittag RG BE BD Mittag Mittag	Mittag BE BJ BM Mittag Mittag		Mittag BR WM BM Mittag Mittag	WAH JC Mittag BR Mittag BT Mittag BD
7 12:30 - 12:55					WAH JC
8 13:00 - 13:45	Fra Arb JC BD	LINK D JC			NT TS BS
9 13:50 - 14:35	LINK D JC SS Förd	Athl BE		Deu JC ZL Deu	BO BT
10 14:45 - 15:30	LINK M BT	LINK F RS JC LINK F		LINK E JC BM ZL LINK E LINK E	LA BD LA BT
11 15:30 - 16:15	LA BD JC Fra WF	LA JC		LA JC	
12 16:15 - 17:00	BT	BT		BT	BT

sk3a

Sportklasse sk3a; Sarah Bichler / Janine Bleisch

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
1 7:30 8:15	LA BM	Spo WU Spo BE Spo BL Spo PE Spo BT	LA BM Lega SS	Spo BE Spo BL Spo PE	LA LL
2 8:20 9:05	Arb BS		Mat BS Mat BR		Eng G LL Eng M BJ Eng E BM
3 9:10 9:55	Mat BS Mat BR	Deu BJ Deu LL	LINK M BS Förd SS	LINK M BS LINK M BR	Deu BJ
4 10:15 11:00	Spo WU Spo BE Spo PE Spo BT	Eng G LL Eng M BJ Eng E BM	MNU WF BR WAH JC TeG WF CA	LINK E LL LINK E BJ LINK E BM	LINK F BJ LINK F LL Arb BM
5 11:05 11:50		Athl BE		NT TS BS Fra WF LL	RZG BM
6 12:00 12:30	Mittag RG Mittag BE Mittag BD	Mittag BE Mittag BJ Mittag BM	WAH WF JC	Mittag BR Mittag WM Mittag BM	Mittag BR Mittag BT Mittag BD
7 12:30 12:55					
8 13:00 13:45	Proj BS Proj BM BO BS	RZG BM		Fra BJ BO BR	LINK D BJ
9 13:50 14:35		NT BS		LINK D BJ LINK D LL	LINK M BS
10 14:45 15:30	WAH JC	ERG BS		LA LL	NT TS BS
11 15:30 16:15	LA BS Dysk SS	LA BJ		LA BJ	LA BS
12 16:15 17:00	BT	BT		BT	BT

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
17:30-8:15	LA BM	Spo WU Spo BE Spo BL Spo PE Spo BT	LA BM	Spo BE Spo BL Spo PE	LA LL
28:20-9:05	Arb BM		Mat BR Mat BM		Eng G LL Eng M BJ Eng E BM
39:10-9:55	Mat BR Mat BM	LINK M BM LINK M BR	Förd SS LINK M BM	Förd SS LINK D LL	Deu LL
410:15-11:00	Spo WU Spo BE Spo PE Spo BT	Eng G LL Eng M BJ Eng E BM	MNU WF BR WAH JC TeG WF CA	LINK E LL LINK E BJ LINK E BM	LINK F BJ LINK F LL Arb BM
511:05-11:50		Deu LL Deu BJ		Fra WF LL	LINK D LL
612:00-12:30	Mittag RG Mittag BE Mittag BD	Mittag BE Mittag BJ Mittag BM	WAH WF JC	Mittag BR Mittag WM Mittag BM	Mittag BR Mittag BT Mittag BD
712:30-12:55					
813:00-13:45	Proj BS Proj BM BO BM	Athl BE		Fra BJ BO BR	RZG BM
913:50-14:35		WAH JC		NT BS	LINK M BM
1014:45-15:30	NT TS BS	RZG BM		LA LL NT BS	ERG BM
1115:30-16:15	LA BS	LA BJ		LA BJ	LA BS
1216:15-17:00	BT	BT		BT	BT

BE		Beeler Marco			
	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
1	7:30 - 8:15	sk1a sk1b sk2a sk2b sk3a sk3b		sk1a sk1b sk2a sk2b sk3a sk3b	
2	8:20 - 9:05	Spo Tu Bo		Spo Tu Bo	
3	9:10 - 9:55	sk2a Athl Mittag			
4	10:15 - 11:00	sk1a sk1b sk2a sk2b sk3a sk3b Spo	sk1a Athl Mittag		
5	11:05 - 11:50	Tu Bo	sk3a Athl Mittag		
6	12:00 - 12:30	sk1a sk2a sk3b sk3a sk1b sk2b Mittag Mittag	sk1a sk2a sk3b sk3a sk1b sk2b Mittag Mittag		
7	12:30 - 12:55				
8	13:00 - 13:45	sk3b Athl Mittag			
9	13:50 - 14:35	sk1b Athl Mittag	sk2b Athl Mittag		
10	14:45 - 15:30				
11	15:30 - 16:15				
12	16:15 - 17:00				

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
1 7:30 - 8:15					
2 8:20 - 9:05	sk2a Arb OS 105		sk2a Mat OS 105	Team Teamsit Mittag	
3 9:10 - 9:55	sk2b Mat OS 105			sk2b LINK M OS 103/104	
4 10:15 - 11:00			sk2a LINK M OS 103/104		
5 11:05 - 11:50					
6 12:00 - 12:30	sk1a sk1b sk2a sk2b sk3a sk3b Mittag Mittag				sk1a sk1b sk2a sk2b sk3a sk3b Mittag Mittag
7 12:30 - 12:55					
8 13:00 - 13:45	sk2a sk2b Arb GR West				sk2a LINK M OS 103/104
9 13:50 - 14:35	sk2a Mat OS 105				sk2a BO OS 105
10 14:45 - 15:30	sk2a LINK M OS 103/104				sk2a sk2b LA OS 103/104
11 15:30 - 16:15	sk2a sk2b LA OS 103/104				
12 16:15 - 17:00					

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
1 7:30 - 8:15					
2 8:20 - 9:05	sk3a Arb OS 210		sk3a Mat OS 209	Team Teamsit Mittag	
3 9:10 - 9:55	sk3a Mat OS 210	sk2b NT TS OS 210	sk3a LINK M OS 201/202	sk3a LINK M OS 201/202	
4 10:15 - 11:00		sk2a NT OS 212		sk2b NT OS 209	
5 11:05 - 11:50				sk3a NT TS OS 210	
6 12:00 - 12:30					
7 12:30 - 12:55					
8 13:00 - 13:45	sk3a sk3b Proj BO	sk2a NT TS OS 210		sk2a NT TS OS 210	sk2b NT TS OS 210
9 13:50 - 14:35	OS 209,OS 210	sk3a NT OS 210		sk3b NT OS 209	sk3a LINK M OS 201/202
10 14:45 - 15:30	sk3b NT TS OS 210	sk3a ERG OS 210		sk3b NT TS OS 210	sk3a NT TS OS 210
11 15:30 - 16:15	sk3a sk3b LA OS 201/202				sk3a sk3b LA OS 201/202
12 16:15 - 17:00					

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
1 7:30 - 8:15		sk1a sk1b sk2a sk2b sk3a sk3b		sk1a sk1b sk2a sk2b sk3a sk3b	
2 8:20 - 9:05		Spo Tu Bo		Spo Tu Bo	
3 9:10 - 9:55					
4 10:15 - 11:00					
5 11:05 - 11:50					
6 12:00 - 12:30					
7 12:30 - 12:55					
8 13:00 - 13:45					
9 13:50 - 14:35					
10 14:45 - 15:30					
11 15:30 - 16:15					
12 16:15 - 17:00					

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
17:30 - 8:15					
28:20 - 9:05				Team Teamsit Mittag	sk3a sk3b Eng M OS 209
39:10 - 9:55		sk3a Deu OS 209		sk1a sk1b Eng E OS 212	sk3a Deu OS 209
410:15 - 11:00		sk3a sk3b Eng M OS 209		sk3a sk3b LINK E OS 201/202	sk3a sk3b LINK F OS 201/202
511:05 - 11:50		sk3b Deu OS 210			
612:00 - 12:30		sk1a sk1b sk2a sk2b sk3a sk3b Mittag Mittag			
712:30 - 12:55					
813:00 - 13:45				sk3a sk3b Fra OS 209	sk3a LINK D OS 201/202
913:50 - 14:35		sk1a Fra GR West		sk3a LINK D OS 201/202	sk1a Fra GR West
1014:45 - 15:30		sk1a sk1b Eng E OS 212		sk1a sk1b LINK E OS 219/220	
1115:30 - 16:15		sk3a sk3b LA OS 201/202		sk3a sk3b LA OS 201/202	
1216:15 - 17:00					

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
17:30-8:15	sk2a sk2b LA OS 103/104	sk1a sk1b sk2a sk2b sk3a sk3b Spo Tu Bo	sk2a sk2b LA OS 103/104		
28:20-9:05	sk2b Arb OS 102		sk2b Mat OS 102	Team Teamsit Mittag	
39:10-9:55	sk2b Mat OS 102		sk2a sk2b BO GR West	sk2b LINK M OS 103/104	
410:15-11:00	sk1a sk1b sk2a sk2b sk3a sk3b Spo Tu Bo		sk2b LINK M OS 103/104	sk2a M + I OS 105	sk2b M + I OS 102
511:05-11:50			sk2b ERG OS 102		
612:00-12:30					sk1a sk1b sk2a sk2b sk3a sk3b Mittag Mittag
712:30-12:55					
813:00-13:45					sk2a LINK M OS 103/104
913:50-14:35	sk2a Mat GR West				sk2b BO OS 102
1014:45-15:30	sk2b LINK M OS 103/104				sk2a sk2b LA OS 103/104
1115:30-16:15					
1216:15-17:00					

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
17:30 - 18:15					
28:20 - 9:05			sk3a sk3b Mat GR Nord	Team Teamsit Mittag	
39:10 - 9:55	sk3b sk3a Mat GR Nord	sk3b LINK M OS 201/202		sk3a LINK M OS 201/202	
410:15 - 11:00			sk3a sk3b MNU WF		
511:05 - 11:50			OS 210		
612:00 - 12:30				sk1a sk2a sk3b sk3a sk1b sk2b Mittag Mittag	sk1a sk2a sk3b sk3a sk1b sk2b Mittag Mittag
712:30 - 12:55					
813:00 - 13:45				sk3a sk3b BO OS 102	
913:50 - 14:35					
1014:45 - 15:30					
1115:30 - 16:15					
1216:15 - 17:00					

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
17:30-8:15	sk3a sk3b LA OS 201/202		sk3a sk3b LA OS 201/202		
28:20-9:05	sk3b Arb OS 209		sk3b Mat OS 209	Team Teamsit Mittag	sk3a sk3b Eng E OS 210
39:10-9:55	sk3b Mat OS 209	sk3b LINK M OS 201/202	sk3b LINK M OS 201/202		sk2b RZG OS 102
410:15-11:00		sk3a sk3b Eng E OS 210		sk3a sk3b LINK E OS 201/202	sk3a sk3b Arb OS 209
511:05-11:50		sk2a sk2b Eng M OS 102		sk2b RZG OS 102	sk3a RZG OS 209
612:00-12:30		sk1a sk1b sk2a sk2b sk3a sk3b Mittag Mittag		sk1a sk1b sk2a sk2b sk3a sk3b Mittag Mittag	
712:30-12:55					
813:00-13:45	sk3a sk3b Proj BO OS 209	sk3a RZG OS 209			sk3b RZG OS 209
913:50-14:35		sk2a RZG OS 209		sk2a RZG OS 102	sk3b LINK M OS 201/202
1014:45-15:30		sk3b RZG OS 209		sk2a sk2b LINK E OS 103/104	sk3b ERG OS 209
1115:30-16:15					
1216:15-17:00					

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
1 7:30 - 8:15					
2 8:20 - 9:05					sk1b TeG Werk
3 9:10 - 9:55					
4 10:15 - 11:00			sk3a sk3b TeG WF Werk		sk1a TeG Werk
5 11:05 - 11:50					
6 12:00 - 12:30					
7 12:30 - 12:55					
8 13:00 - 13:45					
9 13:50 - 14:35					
10 14:45 - 15:30					
11 15:30 - 16:15					
12 16:15 - 17:00					

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
1 7:30 8:15					
2 8:20 9:05					sk1b TxG Hand
3 9:10 9:55					
4 10:15 11:00					
5 11:05 11:50					sk1a TxG Hand
6 12:00 12:30					
7 12:30 12:55					
8 13:00 13:45					
9 13:50 14:35					
10 14:45 15:30					
11 15:30 16:15					
12 16:15 17:00					

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
1 7:30 - 8:15					
2 8:20 - 9:05				Team Teamsit Mittag	
3 9:10 - 9:55		sk2a Deu OS 102	sk2b Fra OS 102		sk2a Deu GR West
4 10:15 - 11:00		sk2b Deu OS 102	sk3a sk3b WAH WF Küche	sk2a WAH Küche	sk2b WAH Küche
5 11:05 - 11:50		sk2a sk2b Eng G GR West			
6 12:00 - 12:30					
7 12:30 - 12:55					
8 13:00 - 13:45	sk2b Fra OS 102	sk2b LINK D OS 103/104			
9 13:50 - 14:35	sk2b LINK D OS 103/104	sk3b WAH OS 102		sk2b Deu OS 105	
10 14:45 - 15:30	sk3a WAH OS 102	sk2a sk2b LINK F OS 103/104		sk2a sk2b LINK E OS 103/104	
11 15:30 - 16:15	sk2a sk2b Fra WF OS 102	sk2a sk2b LA OS 103/104		sk2a sk2b LA OS 103/104	
12 16:15 - 17:00					

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
1 7:30 - 8:15					sk3a sk3b LA OS 201/202
2 8:20 - 9:05				Team Teamsit Mittag	sk3a sk3b Eng G OS 105
3 9:10 - 9:55		sk3a Deu GR Nord		sk3b LINK D OS 201/202	sk3b Deu OS 210
4 10:15 - 11:00		sk3a sk3b Eng G OS 105		sk3a sk3b LINK E OS 201/202	sk3a sk3b LINK F OS 201/202
5 11:05 - 11:50		sk3b Deu OS 209		sk3a sk3b Fra WF OS 209	sk3b LINK D OS 201/202
6 12:00 - 12:30					
7 12:30 - 12:55					
8 13:00 - 13:45					
9 13:50 - 14:35				sk3a LINK D OS 201/202	
10 14:45 - 15:30				sk3a sk3b LA OS 201/202	
11 15:30 - 16:15					
12 16:15 - 17:00					

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
1 7:30 - 8:15			sk1a sk1b LA OS 219/220		
2 8:20 - 9:05				Team Teamsit Mittag	
3 9:10 - 9:55			sk1b LINK D OS 219/220	sk1a sk1b Eng M OS 211	
4 10:15 - 11:00	Rain WAH Küche	Rain WAH Küche		sk1b Deu OS 211	
5 11:05 - 11:50				sk1b LINK D OS 219/220	
6 12:00 - 12:30					
7 12:30 - 12:55					
8 13:00 - 13:45					
9 13:50 - 14:35				sk1a Deu Küche	
10 14:45 - 15:30	sk1b Deu OS 212	sk1a sk1b Eng M OS 211		sk1a sk1b LINK E OS 219/220	
11 15:30 - 16:15	sk1a sk1b LA OS 219/220				
12 16:15 - 17:00					

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
1 7:30 - 8:15		sk1a sk1b sk2a sk2b sk3a sk3b		sk1a sk1b sk2a sk2b sk3a sk3b	
2 8:20 - 9:05		Spo Tu Bo		Spo Tu Bo	
3 9:10 - 9:55					
4 10:15 - 11:00	sk1a sk1b sk2a sk2b sk3a sk3b				
5 11:05 - 11:50	Spo Tu Bo				
6 12:00 - 12:30					
7 12:30 - 12:55					
8 13:00 - 13:45					
9 13:50 - 14:35					
10 14:45 - 15:30					
11 15:30 - 16:15					
12 16:15 - 17:00					

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
1 7:30 - 8:15	sk1a sk1b LA OS 219/220				
2 8:20 - 9:05	sk1b Arb OS 211		sk1b M + I OS 212	Team Teamsit Mittag	
3 9:10 - 9:55	sk1b Mat OS 211	sk1b Mat OS 211	sk1a M + I OS 212	sk1a sk1b Eng G GR West	
4 10:15 - 11:00			sk1b sk1a LINK M OS 219/220	sk1a M + I OS 212	
5 11:05 - 11:50		sk1b ERG OS 211	sk1a Mat OS 212	sk1a Mat OS 211	sk1b Mat OS 211
6 12:00 - 12:30	sk1a sk1b sk3a sk3b sk2a sk2b Mittag Mittag		sk1a sk1b LA OS 219/220		
7 12:30 - 12:55					
8 13:00 - 13:45	sk1b LINK M OS 219/220	sk1b LINK M OS 219/220		sk1a Mat OS 212	
9 13:50 - 14:35		sk1b Arb OS 211		sk1b M + I OS 212	
10 14:45 - 15:30	sk1a LINK M OS 219/220	sk1a sk1b Eng G GR West		sk1a sk1b LINK E OS 219/220	
11 15:30 - 16:15		sk1a sk1b LA OS 219/220			
12 16:15 - 17:00					

RS		Romano Sarah			
	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
1	7:30 - 8:15				sk1a sk1b LA OS 219/220
2	8:20 - 9:05	sk1a Arb OS 212	sk1a LINK F OS 219/220	Team Teamsit Mittag	sk1a RZG OS 211
3	9:10 - 9:55	sk1a Deu OS 212	sk1a RZG OS 212	sk2a Fra OS 105	sk1a ERG OS 211
4	10:15 - 11:00		sk1b Fra OS 211		sk1b RZG OS 211
5	11:05 - 11:50	Rain Ital OS 211	sk1a LINK D OS 219/220	sk1b RZG OS 211	
6	12:00 - 12:30		Rain Ital OS 211		Rain Ital OS 211
7	12:30 - 12:55				
8	13:00 - 13:45	sk2a Fra OS 105	sk1a Arb OS 211	sk1b Fra OS 211	
9	13:50 - 14:35	sk1a LINK D OS 219/220	sk1a Fra OS 212	sk1a Deu OS 211	sk1a Fra OS 211
10	14:45 - 15:30	sk1b Deu OS 211	sk2a sk2b LINK F OS 103/104		sk1b LINK F OS 219/220
11	15:30 - 16:15			Rain Ital OS 211	sk1a sk1b LA OS 219/220
12	16:15 - 17:00				

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
17:30 - 8:15			sk3a Lega GR Nord		
28:20 - 9:05	PS BO ISF PS		sk2a sk2b Förd Mat GR West	Team Teamsit Mittag	
39:10 - 9:55	sk1a Förd GR West		sk3a sk3b Förd Mat GR Nord	sk3b Förd GR Nord	SiE int
410:15 - 11:00	PS BO ISF PS		sk1a sk1b Förd Mat GR Süd	sk1b Förd GR Süd	sk2a Förd GR West
511:05 - 11:50			PS BO ISF PS		PS BO ISF PS
612:00 - 12:30					
712:30 - 12:55					
813:00 - 13:45					
913:50 - 14:35	sk2b Förd OS 102			PS BO ISF PS	PS BO ISF PS
1014:45 - 15:30	sk1a Förd Mat GR Süd			SiE int GR West	
1115:30 - 16:15	sk3a Dysk GR Nord			sk2a Lega GR Nord	
1216:15 - 17:00					

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
1 7:30 - 8:15					
2 8:20 - 9:05			sk1b NT TS OS 210	Team Teamsit Mittag	
3 9:10 - 9:55			sk1a NT TS OS 210		
4 10:15 - 11:00			sk1b sk1a LINK M OS 219/220	sk1a NT TS OS 210	
5 11:05 - 11:50			sk1a Mat GR West	sk1a Mat OS 212	
6 12:00 - 12:30				sk1a sk1b sk2a sk2b sk3a sk3b Mittag Mittag	
7 12:30 - 12:55					
8 13:00 - 13:45				sk1a Mat GR West	sk1a LINK M OS 219/220
9 13:50 - 14:35				sk1b NT TS OS 210	sk1b NT OS 212
10 14:45 - 15:30					sk1a NT OS 212
11 15:30 - 16:15				sk1b sk1a LA OS 219/220	
12 16:15 - 17:00					

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
1 7:30 - 8:15		sk1a sk1b sk2a sk2b sk3a sk3b			
2 8:20 - 9:05		Spo Tu Bo			
3 9:10 - 9:55					
4 10:15 - 11:00	sk1a sk1b sk2a sk2b sk3a sk3b				
5 11:05 - 11:50	Spo Tu Bo				
6 12:00 - 12:30					
7 12:30 - 12:55					
8 13:00 - 13:45					
9 13:50 - 14:35					
10 14:45 - 15:30					
11 15:30 - 16:15					
12 16:15 - 17:00					

ZL

Zahner Laura

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
1 7:30 - 8:15					
2 8:20 - 9:05				Team Teamsit Mittag	sk2a sk2b LA OS 103/104
3 9:10 - 9:55		sk2a Deu OS 105		sk2a LINK D OS 102	sk2a Deu OS 105
4 10:15 - 11:00		sk2b Deu GR West			sk2a LINK D OS 103/104
5 11:05 - 11:50		sk2a sk2b Eng E OS 105			sk2a ERG OS 105
6 12:00 - 12:30					
7 12:30 - 12:55					
8 13:00 - 13:45					
9 13:50 - 14:35				sk2b Deu GR West	
10 14:45 - 15:30				sk2a sk2b LINK E OS 103/104	
11 15:30 - 16:15					
12 16:15 - 17:00					

Stundenplan: Turnhalle Bollwies

2025 - 2026

		Montag			Dienstag			Mittwoch			Donnerstag			Freitag		
1	7.30 8.15				Sportschule					RLZ Unihockey Silvan Helbling	Sportschule					
2	8.20 9.05													Schaufel- berger	Hüppin	Kleemann
3	9.10 9.55	Beeler									Hüppin	KG Bollwies		Schaufel- berger		Kleemann
4	10.15 11.00	Sportschule			Beeler	KG Dorf	KG Dorf	Deplazes	Jud	Hungerbühler	Bernet	KG Bollwies		Kaya		Duff
5	11.05 11.50				Beeler	KG Dorf	KG Dorf	Deplazes	Jud	Hungerbühler	Bernet			Kaya		Duff
6	12.00 12.30															
7	12.30 12.55							12.45 - 16.15 RLZ Unihockey Silvan Helbling								
8	13.00 13.45				Beeler											
9	13.50 14.35	Beeler	13.30 - 15.00		Ruoss	Beeler					Bisig			Bruggmann	13.30 - 16.05 OS Rain Julia Wirth, Theo Scheller	
10	14.45 15.30	Hediger	OS Rain Lena Mathis		Ruoss		Rutz				Bisig		Diethelm	Bruggmann		
11	15.30 16.15	Hediger	15.05 - 16.50	15.05 - 16.50			Rutz						Diethelm			
12	16.15 17.00		OS Rain Lena Mathis	OS Rain Lena Mathis												

Primar Bollwies

OS Rain

Sportschule RJ

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Sportschule

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