



5d 5d Rth / Wem

	Montag	Dienstag	Mittwoch	Donnerstag	Freitag
1	Abr Cnz Str H2.01MVV H1.07 MuG MuOrmu2	Hip Bad S	Kb My TGR N1.05 Darst Darst	Whm N0.05 M	Wem F1.03 B
2	Abr Cnz Str H2.01MVV H1.07 MuG MuOrmu2	Hip Bad S	Rth N0.05 Ks	Whm N0.05 M	Wem F1.03 B
3	Wbr N0.05 Gg	Hsm E1.08 BK	Rth Wem N-1.1 F1.06 ITG NT	Rth N0.05 D	Hip THG S
4	Wbr N0.05 Gg	Hsm E1.08 BK	Rth Wem N-1.1 F1.06 ITG NT	Rth N0.05 D	Hip THG S
5	Smi N0.05 E	Whm N0.05 M	Smi N0.05 E	My WI N0.05N1.04 re2 Rk	Rth N0.05 D
6	Smi N0.05 E	Whm N0.05 M	Smi N0.05 E	My WI N0.05N1.04 re2 Rk	Rth N0.05 D
7	PI N1.05 Dfm				
8	Rth N0.05 Lernz		Hsm Vgl N0.05N1.05 Lernz Mfm	BnR Rth N1.05N0.05 Efm Lernz	
9	Str H1.07 GTM		Hsm E1.08 GTBK	Jlk SH1 GTSp	
10					
11					