

gültig ab 09.08.23  
 08c (Dam)

|          | Mo            | Di                                | Mi                                | Do                                | Fr           |
|----------|---------------|-----------------------------------|-----------------------------------|-----------------------------------|--------------|
| 1. Std.  | Fei M B2.7    | 08LF<br>Ka F7 B2.7<br>Sdt L7 B1.3 | Sbrt Ph B3.5Ph2                   | Sho KR B2.7                       | Sho D B2.7   |
| 2. Std.  | Bou Ch CCh1   | Sbrt Ph B3.5Ph2                   | Dam EBi B2.7                      | 08LF<br>Ka F7 B2.7<br>Sdt L7 B1.3 | Har Mu DMuSa |
| 1. Pause |               |                                   |                                   |                                   |              |
| 3. Std.  | VD GeBi B2.7  | Ka Pk B2.7                        | Sho D B2.7                        | Dam LZ B2.7                       | Dam EBi B2.7 |
| 4. Std.  | Bck EkBi B2.7 | VD GeBi B2.7                      | 08LF<br>Ka F7 B2.7<br>Sdt L7 B1.3 | Fd Bi D2.3Bi                      | Ka LZ B2.7   |
| 2. Pause |               |                                   | 08Swac1<br>Shu SpSw<br>Man SpSw   |                                   |              |
| 5. Std.  | Dam EBi B2.7  |                                   | 08Swac2<br>Shu SpSw<br>Man SpSw   | Fei M B2.7                        |              |
| 6. Std.  |               |                                   |                                   |                                   |              |
| 7. Std.  |               |                                   |                                   |                                   |              |