

Wochenplan

| | Montag | Dienstag | Mittwoch | Donnerstag | Freitag | Samstag | Sonntag |
|-------------|--------|----------|----------|------------|---------|---------|---------|
| 6 – 7 Uhr | | | | | | | |
| 7 – 8 Uhr | | | | | | | |
| 8 – 9 Uhr | | | | | | | |
| 9 – 10 Uhr | | | | | | | |
| 10 – 11 Uhr | | | | | | | |
| 11 – 12 Uhr | | | | | | | |
| 12 – 13 Uhr | | | | | | | |
| 13 – 14 Uhr | | | | | | | |
| 14 – 15 Uhr | | | | | | | |
| 15 – 16 Uhr | | | | | | | |
| 16 – 17 Uhr | | | | | | | |
| 17 – 18 Uhr | | | | | | | |
| 18 – 19 Uhr | | | | | | | |
| 19 – 20 Uhr | | | | | | | |
| 20 – 21 Uhr | | | | | | | |
| 21 – 22 Uhr | | | | | | | |
| 22 – 24 Uhr | | | | | | | |