



			MO	DI	MI	DO	FR
1	07:45	08:35					
2	08:35	09:25					
3	09:40	10:30					
4	10:35	11:25					
5	11:30	12:20					
6	12:20	13:10					
<b>M</b>	13:10	13:35					
7	13:35	14:25					
8	14:25	15:15					
9	15:20	16:10					
10	16:10	17:00					

----- 5 min Pause  
 \_\_\_\_\_ 15 min Pause


 hr:

			MO	DI	MI	DO	FR
1	07:45	08:35					
2	08:35	09:25					
3	09:40	10:30					
4	10:35	11:25					
5	11:30	12:20					
6	12:20	13:10					
<b>M</b>	13:10	13:35					
7	13:35	14:25					
8	14:25	15:15					
9	15:20	16:10					
10	16:10	17:00					

----- 5 min Pause  
 \_\_\_\_\_ 15 min Pause


 hr: