

4c4c Rainer

	Mo	Di	Mi	Do	Fr	
1	. *D	REL	GSPB	. *E	.M	
2	. *E	PH	DGB	. *M	. *D	
	1. Pause					
3	. *M	. *D	. *E	.WeKr	.BSP	
4	CH	. *M	. *D	.WeKr	GW	
	2. Pause					
5	.BSP	BU	BU	ME	. *D	
6		.VÜ_SLE	GW	GSPB	*VÜ_BO	CH
	MP					
7	BE		.UÜ_LFE	. *WE		
8						