

# 29 Dez 2025 - 4 Jan 2026 · Woche 1

| Zeit  | Mon 29 | Die 30 | Mit 31 | Don 1 | Fre 2 | Sam 3 | Son 4 |
|-------|--------|--------|--------|-------|-------|-------|-------|
| 06:00 |        |        |        |       |       |       |       |
| 07:00 |        |        |        |       |       |       |       |
| 08:00 |        |        |        |       |       |       |       |
| 09:00 |        |        |        |       |       |       |       |
| 10:00 |        |        |        |       |       |       |       |
| 11:00 |        |        |        |       |       |       |       |
| 12:00 |        |        |        |       |       |       |       |
| 13:00 |        |        |        |       |       |       |       |
| 14:00 |        |        |        |       |       |       |       |
| 15:00 |        |        |        |       |       |       |       |
| 16:00 |        |        |        |       |       |       |       |
| 17:00 |        |        |        |       |       |       |       |
| 18:00 |        |        |        |       |       |       |       |
| 19:00 |        |        |        |       |       |       |       |
| 20:00 |        |        |        |       |       |       |       |
| 21:00 |        |        |        |       |       |       |       |

# 5 - 11 Januar 2026 · Woche 2

| Zeit  | Mon 5 | Die 6 | Mit 7 | Don 8 | Fre 9 | Sam 10 | Son 11 |
|-------|-------|-------|-------|-------|-------|--------|--------|
| 06:00 |       |       |       |       |       |        |        |
| 07:00 |       |       |       |       |       |        |        |
| 08:00 |       |       |       |       |       |        |        |
| 09:00 |       |       |       |       |       |        |        |
| 10:00 |       |       |       |       |       |        |        |
| 11:00 |       |       |       |       |       |        |        |
| 12:00 |       |       |       |       |       |        |        |
| 13:00 |       |       |       |       |       |        |        |
| 14:00 |       |       |       |       |       |        |        |
| 15:00 |       |       |       |       |       |        |        |
| 16:00 |       |       |       |       |       |        |        |
| 17:00 |       |       |       |       |       |        |        |
| 18:00 |       |       |       |       |       |        |        |
| 19:00 |       |       |       |       |       |        |        |
| 20:00 |       |       |       |       |       |        |        |
| 21:00 |       |       |       |       |       |        |        |

# 12 - 18 Januar 2026 · Woche 3

| Zeit  | Mon 12 | Die 13 | Mit 14 | Don 15 | Fre 16 | Sam 17 | Son 18 |
|-------|--------|--------|--------|--------|--------|--------|--------|
| 06:00 |        |        |        |        |        |        |        |
| 07:00 |        |        |        |        |        |        |        |
| 08:00 |        |        |        |        |        |        |        |
| 09:00 |        |        |        |        |        |        |        |
| 10:00 |        |        |        |        |        |        |        |
| 11:00 |        |        |        |        |        |        |        |
| 12:00 |        |        |        |        |        |        |        |
| 13:00 |        |        |        |        |        |        |        |
| 14:00 |        |        |        |        |        |        |        |
| 15:00 |        |        |        |        |        |        |        |
| 16:00 |        |        |        |        |        |        |        |
| 17:00 |        |        |        |        |        |        |        |
| 18:00 |        |        |        |        |        |        |        |
| 19:00 |        |        |        |        |        |        |        |
| 20:00 |        |        |        |        |        |        |        |
| 21:00 |        |        |        |        |        |        |        |

# 19 - 25 Januar 2026 · Woche 4

| Zeit  | Mon 19 | Die 20 | Mit 21 | Don 22 | Fre 23 | Sam 24 | Son 25 |
|-------|--------|--------|--------|--------|--------|--------|--------|
| 06:00 |        |        |        |        |        |        |        |
| 07:00 |        |        |        |        |        |        |        |
| 08:00 |        |        |        |        |        |        |        |
| 09:00 |        |        |        |        |        |        |        |
| 10:00 |        |        |        |        |        |        |        |
| 11:00 |        |        |        |        |        |        |        |
| 12:00 |        |        |        |        |        |        |        |
| 13:00 |        |        |        |        |        |        |        |
| 14:00 |        |        |        |        |        |        |        |
| 15:00 |        |        |        |        |        |        |        |
| 16:00 |        |        |        |        |        |        |        |
| 17:00 |        |        |        |        |        |        |        |
| 18:00 |        |        |        |        |        |        |        |
| 19:00 |        |        |        |        |        |        |        |
| 20:00 |        |        |        |        |        |        |        |
| 21:00 |        |        |        |        |        |        |        |

# 26 Jan - 1 Feb 2026 · Woche 5

| Zeit  | Mon 26 | Die 27 | Mit 28 | Don 29 | Fre 30 | Sam 31 | Son 1 |
|-------|--------|--------|--------|--------|--------|--------|-------|
| 06:00 |        |        |        |        |        |        |       |
| 07:00 |        |        |        |        |        |        |       |
| 08:00 |        |        |        |        |        |        |       |
| 09:00 |        |        |        |        |        |        |       |
| 10:00 |        |        |        |        |        |        |       |
| 11:00 |        |        |        |        |        |        |       |
| 12:00 |        |        |        |        |        |        |       |
| 13:00 |        |        |        |        |        |        |       |
| 14:00 |        |        |        |        |        |        |       |
| 15:00 |        |        |        |        |        |        |       |
| 16:00 |        |        |        |        |        |        |       |
| 17:00 |        |        |        |        |        |        |       |
| 18:00 |        |        |        |        |        |        |       |
| 19:00 |        |        |        |        |        |        |       |
| 20:00 |        |        |        |        |        |        |       |
| 21:00 |        |        |        |        |        |        |       |