

Juli 2018

| KW | Mo | Di | Mi | Do | Fr | Sa | So |
|----|----|----|----|----|----|----|----|
| 26 | | | | | | | 1 |
| 27 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
| 28 | 9 | 10 | 11 | 12 | 13 | 14 | 15 |
| 29 | 16 | 17 | 18 | 19 | 20 | 21 | 22 |
| 30 | 23 | 24 | 25 | 26 | 27 | 28 | 29 |
| 31 | 30 | 31 | | | | | |

August 2018

| KW | Mo | Di | Mi | Do | Fr | Sa | So |
|----|----|----|----|----|----|----|----|
| 31 | | | 1 | 2 | 3 | 4 | 5 |
| 32 | 6 | 7 | 8 | 9 | 10 | 11 | 12 |
| 33 | 13 | 14 | 15 | 16 | 17 | 18 | 19 |
| 34 | 20 | 21 | 22 | 23 | 24 | 25 | 26 |
| 35 | 27 | 28 | 29 | 30 | 31 | | |

1. = Nationalfeiertag Schweiz

September 2018

| KW | Mo | Di | Mi | Do | Fr | Sa | So |
|----|----|----|----|----|----|----|----|
| 35 | | | | | | 1 | 2 |
| 36 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 37 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 38 | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 39 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |

16. = Eidg. Dank-, Buss- und Bettag

Oktober 2018

| KW | Mo | Di | Mi | Do | Fr | Sa | So |
|----|----|----|----|----|----|----|----|
| 40 | 1 | 2 | 3 | 4 | 5 | 6 | 7 |
| 41 | 8 | 9 | 10 | 11 | 12 | 13 | 14 |
| 42 | 15 | 16 | 17 | 18 | 19 | 20 | 21 |
| 43 | 22 | 23 | 24 | 25 | 26 | 27 | 28 |
| 44 | 29 | 30 | 31 | | | | |

28. = Sommerzeit Ende / 31. = Halloween

November 2018

| KW | Mo | Di | Mi | Do | Fr | Sa | So |
|----|----|----|----|----|----|----|----|
| 44 | | | | 1 | 2 | 3 | 4 |
| 45 | 5 | 6 | 7 | 8 | 9 | 10 | 11 |
| 46 | 12 | 13 | 14 | 15 | 16 | 17 | 18 |
| 47 | 19 | 20 | 21 | 22 | 23 | 24 | 25 |
| 48 | 26 | 27 | 28 | 29 | 30 | | |

1. = Allerheiligen / 2. = Allerseelen / 4. = Reformationssonntag Schweiz / 25. = Ewigkeitssonntag / 26. = Zibelemärit

Dezember 2018

| KW | Mo | Di | Mi | Do | Fr | Sa | So |
|----|----|----|----|----|----|----|----|
| 48 | | | | | | 1 | 2 |
| 49 | 3 | 4 | 5 | 6 | 7 | 8 | 9 |
| 50 | 10 | 11 | 12 | 13 | 14 | 15 | 16 |
| 51 | 17 | 18 | 19 | 20 | 21 | 22 | 23 |
| 52 | 24 | 25 | 26 | 27 | 28 | 29 | 30 |
| 01 | 31 | | | | | | |

2. = Erster Advent / 6. = St. Nikolaus / 9. = Zweiter Advent / 16. = Dritter Advent / 23. = Vierter Advent / 24. = Heiliger Abend / 25. = Weihnachten / 26. = Stephanstag / 31. = Silvester

Januar 2019

| KW | Mo | Di | Mi | Do | Fr | Sa | So |
|----|----|----|----|----|----|----|----|
| 01 | | 1 | 2 | 3 | 4 | 5 | 6 |
| 02 | 7 | 8 | 9 | 10 | 11 | 12 | 13 |
| 03 | 14 | 15 | 16 | 17 | 18 | 19 | 20 |
| 04 | 21 | 22 | 23 | 24 | 25 | 26 | 27 |
| 05 | 28 | 29 | 30 | 31 | | | |

1. = Neujahrstag / 2. = Berchtoldstag

Februar 2019

| KW | Mo | Di | Mi | Do | Fr | Sa | So |
|----|----|----|----|----|----|----|----|
| 05 | | | | | 1 | 2 | 3 |
| 06 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 07 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 08 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 09 | 25 | 26 | 27 | 28 | | | |

14. = Valentinstag

März 2019

| KW | Mo | Di | Mi | Do | Fr | Sa | So |
|----|----|----|----|----|----|----|----|
| 09 | | | | | 1 | 2 | 3 |
| 10 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| 11 | 11 | 12 | 13 | 14 | 15 | 16 | 17 |
| 12 | 18 | 19 | 20 | 21 | 22 | 23 | 24 |
| 13 | 25 | 26 | 27 | 28 | 29 | 30 | 31 |

31. = Sommerzeit Beginn

Training

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