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|------------|------------|------------|-------------|------------|--------------|--------------|------------------|------------------|-------|
| 01.01.2023 | Jan 23 | Sonntag | | | | | | | |
| 02.01.2023 | | Montag | | | | | | | |
| 03.01.2023 | | Dienstag | | | | | | | |
| 04.01.2023 | | Mittwoch | | | | | | | |
| 05.01.2023 | | Donnerstag | | | | | | | |
| 06.01.2023 | | Freitag | | | | AH-VfR | 19-20:30 | | |
| 07.01.2023 | | Samstag | | | | | | | |
| 08.01.2023 | | Sonntag | | | | | | | |
| 09.01.2023 | | Montag | | | | | | | |
| 10.01.2023 | | Dienstag | | | | | | | |
| 11.01.2023 | | Mittwoch | | | | | | | |
| 12.01.2023 | | Donnerstag | | | | | | | |
| 13.01.2023 | | Freitag | | | | AH-VfR | 19-20:30 | | |
| 14.01.2023 | | Samstag | | | | | | | |
| 15.01.2023 | | Sonntag | | | | | | | |
| 16.01.2023 | | Montag | | | | | | | |
| 17.01.2023 | | Dienstag | | | | | | | |
| 18.01.2023 | | Mittwoch | | | | | | | |
| 19.01.2023 | | Donnerstag | | | | | | | |
| 20.01.2023 | | Freitag | | | | AH-VfR | 19-20:30 | | |
| 21.01.2023 | | Samstag | | | | Training 1+2 | 10:30 | Training 1+2 | 10:30 |
| 22.01.2023 | | Sonntag | | | | | | | |
| 23.01.2023 | | Montag | | | | Training A | 19:00 | | |
| 24.01.2023 | | Dienstag | | | | Training 1+2 | 19:30 | Training 1+2 | 19:30 |
| 25.01.2023 | | Mittwoch | | | | Training A | 19:00 | Training Birklar | 19:00 |
| 26.01.2023 | | Donnerstag | | | | Training 1+2 | 19:30 | Training 1+2 | 19:30 |
| 27.01.2023 | | Freitag | | | | AH-VfR | 19-20:30 | Training Birklar | 19:00 |
| 28.01.2023 | | Samstag | | | | Training 1+2 | 15:00 | | |
| 29.01.2023 | | Sonntag | | | | | | Training Birklar | 12:00 |
| 30.01.2023 | | Montag | | Training A | 19:00 | Training 1+2 | 19:30 | Training 1+2 | 19:30 |
| 31.01.2023 | | Dienstag | | | | Training 1+2 | 19:30 | Training 1+2 | 19:30 |
| 01.02.2023 | Mittwoch | | | | Training A | 19:00 | Training Birklar | 19:00 | |
| 02.02.2023 | Donnerstag | | | | Training 1+2 | 19:30 | Training 1+2 | 19:30 | |
| 03.02.2023 | Freitag | | | | AH-VfR | 19-20:30 | Training Birklar | 19:00 | |
| 04.02.2023 | Samstag | | | | Testspiel A | 15:00 | | | |
| 05.02.2023 | Sonntag | | | | Testspiel | | | | |
| 06.02.2023 | Montag | | Training A | 19:00 | Training 1+2 | 19:30 | Training 1+2 | 19:30 | |
| 07.02.2023 | Dienstag | | | | Training 1+2 | 19:30 | Training 1+2 | 19:30 | |
| 08.02.2023 | Mittwoch | | | | Training A | 19:00 | Training Birklar | 19:00 | |
| 09.02.2023 | Donnerstag | | | | Training 1+2 | 19:30 | Training 1+2 | 19:30 | |
| 10.02.2023 | Freitag | | | | AH-VfR | 19-20:30 | Training Birklar | 19:00 | |
| 11.02.2023 | Samstag | | Testspiel A | 12:00 | Testspiel | 15:00 | | | |
| 12.02.2023 | Sonntag | | | | | | | | |
| 13.02.2023 | Montag | | Training A | 19:00 | Training 1+2 | 19:30 | Training 1+2 | 19:30 | |
| 14.02.2023 | Dienstag | | | | Testspiel | 19:30 | Training 1+2 | 19:30 | |
| 15.02.2023 | Mittwoch | | | | Training A | 19:00 | Training Birklar | 19:00 | |
| 16.02.2023 | Donnerstag | | | | Training 1+2 | 19:30 | Training 1+2 | 19:30 | |
| 17.02.2023 | Freitag | | | | AH-VfR | 19-20:30 | Training Birklar | 19:00 | |
| 18.02.2023 | Samstag | | Testspiel A | 12:00 | Testspiel | 15:00 | | | |
| 19.02.2023 | Sonntag | | | | | | | | |
| 20.02.2023 | Montag | | Training A | 19:00 | Training 1+2 | 19:30 | Training 1+2 | 19:30 | |
| 21.02.2023 | Dienstag | | | | Training 1+2 | 19:30 | Training 1+2 | 19:30 | |
| 22.02.2023 | Mittwoch | | | | Training A | 19:00 | Training Birklar | 19:00 | |
| 23.02.2023 | Donnerstag | | | | Training 1+2 | 19:30 | | | |
| 24.02.2023 | Freitag | | | | AH-VfR | 19-20:30 | Training Birklar | 19:00 | |
| 25.02.2023 | Samstag | | | | | | | | |
| 26.02.2023 | Sonntag | | Testspiel | 13:00 | Testspiel | 15:00 | | | |
| 27.02.2023 | Montag | | Training A | 19:00 | | | | | |
| 28.02.2023 | Dienstag | | | | Training 1+2 | 19:30 | Training 1+2 | 19:30 | |

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|------------|---------------|------------|--|--|--|--|--------------|----------|--------------|-------|
| 01.03.2023 | Mrz 23 | Mittwoch | | | | | Training A | 19:00 | | |
| 02.03.2023 | | Donnerstag | | | | | Training 1+2 | 19:30 | Training 1+2 | 19:30 |
| 03.03.2023 | | Freitag | | | | | AH-VfR | 19-20:30 | | |
| 04.03.2023 | | Samstag | | | | | | | | |
| 05.03.2023 | | Sonntag | | | | | | | | |
| 06.03.2023 | | Montag | | | | | | | | |
| 07.03.2023 | | Dienstag | | | | | | | | |
| 08.03.2023 | | Mittwoch | | | | | | | | |
| 09.03.2023 | | Donnerstag | | | | | | | | |
| 10.03.2023 | | Freitag | | | | | | | | |
| 11.03.2023 | | Samstag | | | | | | | | |
| 12.03.2023 | | Sonntag | | | | | | | | |
| 13.03.2023 | | Montag | | | | | | | | |
| 14.03.2023 | | Dienstag | | | | | | | | |
| 15.03.2023 | | Mittwoch | | | | | | | | |
| 16.03.2023 | | Donnerstag | | | | | | | | |
| 17.03.2023 | | Freitag | | | | | | | | |
| 18.03.2023 | | Samstag | | | | | | | | |
| 19.03.2023 | | Sonntag | | | | | | | | |
| 20.03.2023 | | Montag | | | | | | | | |
| 21.03.2023 | | Dienstag | | | | | | | | |
| 22.03.2023 | | Mittwoch | | | | | | | | |
| 23.03.2023 | | Donnerstag | | | | | | | | |
| 24.03.2023 | | Freitag | | | | | | | | |
| 25.03.2023 | | Samstag | | | | | | | | |
| 26.03.2023 | | Sonntag | | | | | | | | |
| 27.03.2023 | | Montag | | | | | | | | |
| 28.03.2023 | | Dienstag | | | | | | | | |
| 29.03.2023 | | Mittwoch | | | | | | | | |
| 30.03.2023 | | Donnerstag | | | | | | | | |
| 31.03.2023 | | Freitag | | | | | | | | |