Sheet1

7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
7	8 F	9	10	11	12	13 W	14	15	16	17	18	19 F	20	21	22
7	8 F	9	10	11 W	12	13 F	14	15	16 W	17	18	19	20 F	21	22
7	8 F	9	10	11 W	12	13 F	14	15	16 W	17	18	19	20 F	21	22
7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22
7	F 8	9	10	DW 11	12	13	14	DW 15	16	SW 17	18	19	F 20	21	22
7	F 8	DW 9	10	11	12	13	DW 14	DW 15	SW 16	SW 17	18	19	F 20	21	22
	Get up	-> DW	DW	DW	DW	F	DW	DW	SW	SW *	-> A	В	C	D	