Tabela 4x6 (Turno de 12 horas)

	S	T	Q	Q	S	S	D	S	T	Q	Q	S	S	D	S	T	Q	Q	S	S	D	S	T	Q	Q	S	S	D	S	T	Q	Q	S	S	D	S	T	Q	Q	S	S	D	S	T	Q	Q	S	S	D	S	T	Q	Q	S	S	D	S	T	Q	Q	S	S	D	
A	F	F	F	F	7	7	19	19	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	7	7	19	19	F	F	A
B	7	7	19	19	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	7	7	19	19	F	F	F	F	B
C	19	19	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	C
D	F	F	7	7	19	19	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	7	7	19	19	F	F	D
E	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	7	7	19	19	E

Tabela REPAR 3 (Turno de oito horas)

	S	T	Q	Q	S	S	D	S	T	Q	Q	S	S	D	S	T	Q	Q	S	S	D	S	T	Q	Q	S	S	D	S	T	Q	Q	S	S	D		
A	7	7	15	15	F	F	F	23	23	F	F	7	7	7	15	15	F	F	23	23	23	F	F	7	7	15	15	15	F	F	23	23	F	F	F	A
B	F	F	23	23	F	F	F	7	7	15	15	F	F	F	23	23	F	F	7	7	7	15	15	F	F	23	23	23	F	F	7	7	15	15	15	B
C	F	F	7	7	15	15	15	F	F	23	23	F	F	F	7	7	15	15	F	F	F	23	23	F	F	7	7	7	15	15	F	F	23	23	23	C
D	15	15	F	F	23	23	23	F	F	7	7	15	15	15	F	F	23	23	F	F	F	7	7	15	15	F	F	F	23	23	F	F	7	7	7	D
E	23	23	F	F	7	7	7	15	15	F	F	23	23	23	F	F	7	7	15	15	15	F	F	23	23	F	F	F	7	7	15	15	F	F	F	E