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
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
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
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
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
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

	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	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	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	B
C	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	C
D	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	D
E	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