:: Modelos de turno de 12 horas

Tabela 02

TABELA 02		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
4X7(7.7.19.19)	A	F	F	7	7	19	19	19	F	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	F	7	7	7	19	19	F	F	F	F	F
5X7(7.7.7.19.19)	B	F	F	F	F	7	7	7	19	19	F	F	F	F	F	F	F	7	7	19	19	19	F	F	F	F	F	F	F	7	7	19	19	F	F	F
5X7(7.7.19.19.19)	C	F	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	F	F	7	7	7	19	19	F	F	F	F	F	F	7	7	19	19	19
(CICLO DE 35 DIAS)	D	19	19	F	F	F	F	F	F	F	7	7	19	19	19	F	F	F	F	F	F	F	7	7	19	19	F	F	F	F	F	F	7	7	7		
	E	7	7	19	19	F	F	F	F	F	F	F	7	7	7	19	19	F	F	F	F	F	F	F	7	7	19	19	19	F	F	F	F	F	F	F	

Tabela 4x6

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	
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	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	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	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	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	E