Modello A: 30 ore

Ore		Durata ore	LUN	MAR	MER	GIO	VEN
1	8:00 -8:55	60’					
2	8:55-9:50	55’					
Ricr	9:50-10:00	10’					
3	10:00-10:55	55’					
4	10:55-11:50	55’					
Ricr.	11:50-12:05	15’					
5	12:05-13:00	55’					
6	13:00 -14:00	55’					

Modello A: 36 ore

Ore		Durata ore	LUN	MAR	MER	GIO	VEN
1	8:00 -8:55	60’					
2	8:55-9:50	55’					
Ricr	9:50-10:00	10’					
3	10:00-10:55	55’					
4	10:55-11:50	55’					
Ricr.	11:50-12:05	15’					
5	12:05-13:00	55’					
6	13:00 -14:00	55’		MENSA		MENSA	
7	14:00-14:55	55’					
8	14:55-15:50	55’					
	15:50-16:45	55’					

Modello B: 30 ore

Ore		Durata ore	LUN	MAR	MER	GIO	VEN
1	8:00 -8:57	57’					
2	8:57-9:54	57’					
3	9:54-10:51	57’					
Ricr	10:51-11:06	15’					
4	11:06-12:03	57’					
5	12:03-13:00	57’					
6	13:00 - 14:00 MENSA	60’		MENSA		MENSA	
7	14:00-14:55	55’					
8	14:55-15:50	55’					

Modello B: 36 ore

Ore		Durata ore	LUN	MAR	MER	GIO	VEN
1	8:00 -8:57	57'					
2	8:57-9:54	57'					
3	9:54-10:51	57'					
Ricr	10:51-11:06	15'					
4	11:06-12:03	57'					
5	12:03-13:00	57'					
6	13:00 - 14:00 MENSA	60'	MENSA	MENSA		MENSA	
7	14:00-14:55	55'					
8	14:55-15:50	55'					
9	15:50-16:45	55'					