

	A	B	C	D	E
1	M	N	S	R	R
2	M	N	S	R	R
3	S	R	N	M	R
4	S	R	N	M	R
5	N	R	R	S	M
6	N	R	R	S	M
7	R	M	R	N	S
8	R	M	R	N	S
9	R	S	M	R	N
10	R	S	M	R	N
11	M	N	S	R	R
12	M	N	S	R	R
13	S	R	N	M	R
14	S	R	N	M	R
15	N	R	R	S	M
16	N	R	R	S	M
17	R	M	R	N	S
18	R	M	R	N	S
19	R	S	M	R	N
20	R	S	M	R	N
21	M	N	S	R	R
22	M	N	S	R	R
23	S	R	N	M	R
24	S	R	N	M	R
25	N	R	R	S	M
26	N	R	R	S	M
27	R	M	R	N	S
28	R	M	R	N	S
29	R	S	M	R	N
30	R	S	M	R	N
31	M	N	S	R	R

	A	B	C	D	E
1	M	N	S	R	R
2	S	R	N	M	R
3	S	R	N	M	R
4	N	R	R	S	M
5	N	R	R	S	M
6	R	M	R	N	S
7	R	M	R	N	S
8	R	S	M	R	N
9	R	S	M	R	N
10	M	N	S	R	R
11	M	N	S	R	R
12	S	R	N	M	R
13	S	R	N	M	R
14	N	R	R	S	M
15	N	R	R	S	M
16	R	M	R	N	S
17	R	M	R	N	S
18	R	S	M	R	N
19	R	S	M	R	N
20	M	N	S	R	R
21	M	N	S	R	R
22	S	R	N	M	R
23	S	R	N	M	R
24	N	R	R	S	M
25	N	R	R	S	M
26	R	M	R	N	S
27	R	M	R	N	S
28	R	S	M	R	N
29	R	S	M	R	N
30	M	N	S	R	R

	A	B	C	D	E
1	M	N	S	R	R
2	S	R	N	M	R
3	S	R	N	M	R
4	N	R	R	S	M
5	N	R	R	S	M
6	R	M	R	N	S
7	R	M	R	N	S
8	R	S	M	R	N
9	R	S	M	R	N
10		N	S	R	R
11		N	S	R	R
12	S	R	N	M	R
13	S	R	N	M	R
14	N	R	R	S	M
15	N	R	R	S	M
16	R	M	R	N	S
17	R	M	R	N	S
18	R	S	M	R	N
19	R	S	M	R	N
20	M	N	S	R	R
21	M	N	S	R	R
22	S	R	N	M	R
23	S	R	N	M	R
24	N	R	R	S	M
25	N	R	R	S	M
26	R	M	R	N	S
27	R	M	R	N	S
28	R	S	M	R	N
29	R	S	M	R	N
30	M	N	S	R	R
31	M	N	S	R	R

← 10 Sem

S

5x8 → cycle de 10 semaines
 42 Jours travailles
 $\frac{42 \times 8^h}{10} = 33,6 h / \text{semaine}$

M S Matin 4h → 12h
 S Soir 12h - 20h
 N Nuit 20h - 4h
 R Reps
 Dim / Jour férié
 200%