

ORA 30' PAUZA 5'

ORA	INTERVAL	ORA	INTERVAL
1	08:30-09:00	7	12:00-12:30
2	09:05-09:35	8	12:35-13:05
3	09:40-10:10	9	13:10-13:40
4	10:15-10:45	10	13:45-14:15
5	10:50-11:20	11	14:20-14:50
6	11:25-11:55	12	14:55-15:25