

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
Week 1	Rest Day	Rest Day	T	0700-1900	0700-1900	1900-0700	1900-0700
Week 2	Rest Day	Rest Day	Rest Day	Rest Day	ARD	0700-1900	1900-0700
Week 3	1900-0700	Rest Day	Rest Day	Rest Day	Rest Day	0700-1900	0700-1900
Week 4	1900-0700	1900-0700	Rest Day	Rest Day	Rest Day	Rest Day	0700-1900
Week 5	0700-1900	1900-0700	ARD	Rest Day	Rest Day	Rest Day	Rest Day
Week 6	0700-1900	0700-1900	1900-0700	1900-0700	Rest Day	Rest Day	Rest Day
Week 7	Rest Day	0700-1900	0700-1900	1900-0700	1900-0700	Rest Day	Rest Day
Week 8	Rest Day	Rest Day	0700-1900	0700-1900	1900-0700	1900-0700	Rest Day
Week 9	Rest Day	Rest Day	T	0630-1830	0630-1830	1830-0630	1830-0630
Week 10	Rest Day	Rest Day	Rest Day	Rest Day	0630-1830	0630-1830	1830-0630
Week 11	1830-0630	Rest Day	Rest Day	Rest Day	Rest Day	0630-1830	0630-1830
Week 12	1830-0630	ARD	Rest Day	Rest Day	Rest Day	Rest Day	0630-1830
Week 13	0630-1830	1830-0630	1830-0630	Rest Day	Rest Day	Rest Day	Rest Day
Week 14	0630-1830	0630-1830	1830-0630	1830-0630	Rest Day	Rest Day	Rest Day
Week 15	Rest Day	ARD	0630-1830	1830-0630	1830-0630	Rest Day	Rest Day
Week 16	Rest Day	Rest Day	0630-1830	0630-1830	1830-0630	1830-0630	Rest Day
Week 17	Rest Day	Rest Day	T	0700-1900	0700-1900	1900-0700	1900-0700
Week 18	Rest Day	Rest Day	Rest Day	Rest Day	0700-1900	0700-1900	1900-0700
Week 19	1900-0700	Rest Day	Rest Day	Rest Day	Rest Day	0700-1900	0700-1900
Week 20	1900-0700	ARD	Rest Day	Rest Day	Rest Day	Rest Day	0700-1900
Week 21	0700-1900	1900-0700	1900-0700	Rest Day	Rest Day	Rest Day	Rest Day
Week 22	0700-1900	0700-1900	1900-0700	1830-0630	Rest Day	Rest Day	Rest Day
Week 23	Rest Day	ARD	0700-1900	1900-0700	1830-0630	Rest Day	Rest Day
Week 24	Rest Day	Rest Day	0700-1900	0700-1900	1900-0700	1900-0700	Rest Day
Week 25	Rest Day	Rest Day	T	0630-1830	0630-1830	1830-0630	1830-0630
Week 26	Rest Day	Rest Day	Rest Day	Rest Day	0630-1830	0630-1830	1830-0630
Week 27	1830-0630	Rest Day	Rest Day	Rest Day	Rest Day	0630-1830	0630-1830

Week 28
Week 29
Week 30
Week 31
Week 32

1830-0630	ARD	Rest Day	Rest Day	Rest Day	Rest Day	0630-1830
0630-1830	0630-1830	1830-0630	Rest Day	Rest Day	Rest Day	Rest Day
0630-1830	0630-1830	1830-0630	1830-0630	Rest Day	Rest Day	Rest Day
Rest Day	0630-1830	0630-1830	1830-0630	1830-0630	Rest Day	Rest Day
Rest Day	Rest Day	ARD	0630-1830	1830-0630	1830-0630	Rest Day