Full time

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest Day	Rest Day	0700-1600	0700-1600	0700-1600	Rest Day	Rest Day
2	0700-1600	0700-1600	Rest Day	Rest Day	1900-0700	1900-0700	1900-0700
3	1900-0700	Rest Day	Rest Day	Rest Day	Rest Day	0700-1600	0700-1600
4	Rest Day	1900-0700	1900-0700	1900-0700	Rest Day	Rest Day	Rest Day
5	Relief 44hrs	Relief 44hrs	Relief 44hrs	Relief 44hrs	Relief 44hrs	Relief 44hrs	Relief 44hrs
6	Rest Day	Rest Day	0700-1900	0700-1900	0700-1900	Rest Day	Rest Day
7	0700-1900	0700-1900	Rest Day	Rest Day	1900-0700	1900-0700	1900-0700
8	1900-0700	Rest Day	Rest Day	Rest Day	Rest Day	0700-1900	0700-1600
9	Rest Day	1900-0700	1900-0700	1900-0700	Rest Day	Rest Day	Rest Day
10	Relief 43hrs	Relief 43hrs	Relief 43hrs	Relief 43hrs	Relief 43hrs	Relief 43hrs	Relief 43hrs

18.45

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest Day	Rest Day	0700-1600	0700-1600	Rest Day	Rest Day	Rest Day
2	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	1900-0700	1900-0700
3	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	0700-1600	0700-1600
4	Rest Day	1900-0700	1900-0700	Rest Day	Rest Day	Rest Day	Rest Day
5	Relief 21hrs	Relief 21hrs	Relief 21hrs	Relief 21hrs	Relief 21hrs	Relief 21hrs	Relief 21hrs
6	Rest Day	Rest Day	Rest Day	Rest Day	0700-1900	Rest Day	Rest Day
7	0700-1900	0700-1900	Rest Day	Rest Day	1900-0700	Rest Day	Rest Day
8	1900-0700	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day
9	Rest Day	1900-0700	1900-0700	Rest Day	Rest Day	Rest Day	Rest Day
10	Relief 22hrs	Relief 22hrs	Relief 22hrs	Relief 22hrs	Relief 22hrs	Relief 22hrs	Relief 22hrs
1	Rest Day	Rest Day	Rest Day	Rest Day	0700-1600	Rest Day	Rest Day
2	0700-1600	0700-1600	Rest Day	Rest Day	1900-0700	Rest Day	Rest Day
3	1900-0700	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day
4	Rest Day	Rest Day	Rest Day	1900-0700	Rest Day	Rest Day	Rest Day
5	Relief 22hrs	Relief 22hrs	Relief 22hrs	Relief 22hrs	Relief 22hrs	Relief 22hrs	Relief 22hrs
6	Rest Day	Rest Day	0700-1900	0700-1900	Rest Day	Rest Day	Rest Day
7	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	1900-0700	1900-0700
8	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	0700-1900	0700-1600
9	Rest Day	Rest Day	Rest Day	1900-0700	Rest Day	Rest Day	Rest Day
10	Relief 22hrs	Relief 22hrs	Relief 22hrs	Relief 22hrs	Relief 22hrs	Relief 22hrs	Relief 22hrs

Full time

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest Day	Rest Day	0700-1900	0700-1900	1200-2300	Rest Day	Rest Day
2	Rest Day	1100-2300	1100-2300	1100-2300	Rest Day	Rest Day	Rest Day
3	1900-0700	1900-0700	1900-0700	Rest Day	Rest Day	Rest Day	0700-1900
4	0700-1900	0700-1900	Rest Day	Rest Day	Rest Day	1100-2300	1100-2300
5	1100-2300	Rest Day	Rest Day	Rest Day	1900-0700	1900-0700	1900-0700
6	Rest Day	Rest Day	Rest Day	0700-1900	0700-1900	0700-1900	Rest Day
7	Relief 41.5hrs	Relief 41.5hrs	Relief 41.5hrs	Relief 41.5hrs	Relief 41.5hrs	Relief 41.5hrs	Relief 41.5hrs.
8	Relief 41hrs	Relief 41hrs	Relief 41hrs	Relief 41hrs	Relief 41hrs	Relief 41hrs	Relief 41hrs.
9	Rest Day	Rest Day	1200-2300	1200-2300	1200-2300	Rest Day	Rest Day
10	Rest Day	1900-0700	1900-0700	1900-0700	Rest Day	Rest Day	Rest Day
11	0900-1900	0900-1900	0900-1900	Rest Day	Rest Day	Rest Day	1100-2300
12	1200-0000	1200-2300	Rest Day	Rest Day	Rest Day	1900-0700	1900-0700
13	1900-0700	Rest Day	Rest Day	Rest Day	0900-1900	0900-1900	0900-1900
14	Rest Day	Rest Day	Rest Day	0900-1900	1100-2300	1100-2300	Rest Day
15	Relief 41hrs	Relief 41hrs	Relief 41hrs	Relief 41hrs	Relief 41hrs	Relief 41hrs	Relief 41hrs.
16	Relief 41hrs	Relief 41hrs	Relief 41hrs	Relief 41hrs	Relief 41hrs	Relief 41hrs	Relief 41hrs.
17	Rest Day	Rest Day	1500-0100	1900-0700	1900-0700	Rest Day	Rest Day
18	Rest Day	1200-2300	1200-2300	1600-0030	Rest Day	Rest Day	Rest Day
19	0700-1900	0700-1900	0700-1900	Rest Day	Rest Day	Rest Day	1600-0100
20	1600-0100	1500-0100	Rest Day	Rest Day	Rest Day	1200-2300	1200-2300
21	1200-2300	Rest Day	Rest Day	Rest Day	0700-1900	0700-1900	0700-1900
22	Rest Day	Rest Day	Rest Day	1200-2300	1500-0000	1600-0100	Rest Day
23	Relief 41hrs	Relief 41hrs	Relief 41hrs	Relief 41hrs	Relief 41hrs	Relief 41hrs	Relief 41hrs.

18.45

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	Rest Day	Rest Day	Rest Day	0700-1900	1200-2300	Rest Day	Rest Day
2	Rest Day	1100-2300	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day
3	Rest Day	1900-0700	1900-0700	Rest Day	Rest Day	Rest Day	Rest Day
4	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	1100-2300	1100-2300
5	1100-2300	Rest Day	Rest Day	Rest Day	1900-0700	Rest Day	Rest Day
6	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	0700-1900	Rest Day
7	Relief 23.25hrs	Relief 23.25hrs	Relief 23.25hrs	Relief 23.25hrs	Relief 23.25hrs	Relief 23.25hrs	Relief 23.25hrs.
8	Relief 21hrs	Relief 21hrs	Relief 21hrs	Relief 21hrs	Relief 21hrs	Relief 21hrs	Relief 21hrs
9	Rest Day	Rest Day	1200-2300	Rest Day	Rest Day	Rest Day	Rest Day
10	Rest Day	Rest Day	1900-0700	1900-0700	Rest Day	Rest Day	Rest Day
11	0900-1900	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	1100-2300
12	1200-0000	1200-2300	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day
13	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	0900-1900	0900-1900
14	Rest Day	Rest Day	Rest Day	0900-1900	1100-2300	Rest Day	Rest Day
15	Relief 21hrs	Relief 21hrs	Relief 21hrs	Relief 21hrs	Relief 21hrs	Relief 21hrs	Relief 21hrs
16	Relief 21hrs	Relief 21hrs	Relief 21hrs	Relief 21hrs	Relief 21hrs	Relief 21hrs	Relief 21hrs
17	Rest Day	Rest Day	1500-0100	1900-0700	Rest Day	Rest Day	Rest Day
18	Rest Day	1200-2300	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day
19	Rest Day	0700-1900	0700-1900	Rest Day	Rest Day	Rest Day	Rest Day
20	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	1200-2300	1200-2300
21	1200-2300	Rest Day	Rest Day	Rest Day	0700-1900	Rest Day	Rest Day
22	Rest Day	Rest Day	Rest Day	Rest Day	Rest Day	1600-0100	Rest Day
23	Relief 21hrs	Relief 21hrs	Relief 21hrs	Relief 21hrs	Relief 21hrs	Relief 21hrs	Relief 21hrs