|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| **Week** | **Sat** | **Sun** | **Mon** | **Tue** | **Wed** | **Thu** | **Fri** |
| **1** | **R** | **R** | **D** | **D** | **R** | **D** | **D** |
|  |  |  | **6** | **6** |  | **6** | **6** |
| **2** | **L** | **L** | **R** | **R** | **D** | **D** | **D** |
|  | **6** | **6** |  |  | **7** | **6** | **6** |
| **3** | **R** | **R** | **D** | **D** | **D** | **R** | **R** |
|  |  |  | **6** | **6** | **6** |  |  |
| **4** | **D** | **D** | **D** | **R** | **R** | **D** | **D** |
|  | **6** | **6** | **6** |  |  | **6** | **6** |
| **5** | **R** | **R** | **D** | **D** | **D** | **R** | **R** |
|  |  |  | **6** | **6** | **6** |  |  |
| **6** | **D** | **D** | **R** | **D** | **D** | **D** | **R** |
|  | **6** | **6** |  | **7** | **6** | **6** |  |
| **7** | **R** | **R** | **L** | **L** | **R** | **R** | **D** |
|  |  |  | **6** | **6** |  |  | **6** |
| **8** | **D** | **D** | **R** | **R** | **L** | **L** | **L** |
|  | **6** | **6** |  |  | **6** | **6** | **6** |

**25 Hour 8 Week Rota**

**D= Day - 6(7.30-13.30pm), 7(7.30-14.30pm)**

**L= Late - 6(16.00-22.00pm)**

**R=Rest Day**