

Post One

Week One	Times
Monday	07:45 – 15:15
Tuesday	10:15 – 17:45
Wednesday	10:15 – 17:45
Thursday	12:45 – 20:15
Friday	Rest Day
Saturday	08:15 – 16:45

Week Two	Times
Monday	13:15 – 20:15
Tuesday	07:45 – 15:15
Wednesday	07:45 – 15:15
Thursday	07:45 – 15:15
Friday	08:15 – 17:45
Saturday	Rest Day



Post Two

Week One	Times
Monday	07:45 – 15:15
Tuesday	10:15 – 17:45
Wednesday	10:15 – 17:45
Thursday	12:45 – 20:15
Friday	Rest Day
Saturday	08:15 – 16:45

Week Two	Times
Monday	13:15 – 20:15
Tuesday	07:45 – 15:15
Wednesday	07:45 – 15:15
Thursday	07:45 – 15:15
Friday	08:15 – 17:45
Saturday	Rest Day



Post Three

Week One	Times
Monday	13:15 – 20:15
Tuesday	07:45 – 15:15
Wednesday	07:45 – 15:15
Thursday	07:45 – 15:15
Friday	08:15 – 17:45
Saturday	Rest Day

Week Two	Times
Monday	07:45 – 15:15
Tuesday	10:15 – 17:45
Wednesday	10:15 – 17:45
Thursday	12:45 – 20:15
Friday	Rest Day
Saturday	08:15 – 16:45



Post Four

Week One	Times
Monday	13:15 – 20:15
Tuesday	07:45 – 15:15
Wednesday	07:45 – 15:15
Thursday	07:45 – 15:15
Friday	08:15 – 17:45
Saturday	Rest Day

Week Two	Times
Monday	07:45 – 15:15
Tuesday	10:15 – 17:45
Wednesday	10:15 – 17:45
Thursday	12:45 – 20:15
Friday	Rest Day
Saturday	08:15 – 16:45