## ROTA

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
1.30pm-	1.30pm-	1.30pm-	REST	REST	7am-	7am-
10pm	10pm	10pm			3.30pm	3.30pm
7am-3pm	REST	REST	1.30pm-	1.30pm-	1.30pm-	1.30pm-
			10pm	10pm	10pm	10pm
REST	7am-	7am-	7am-	7am-3pm	REST	REST
	3.30pm	3.30pm	3.30pm			