

The 5 On 2 Off Shift Pattern — Tommy

Cycle length: 7 days · Shift length: 8 hours · Average hours per week: 40 hours

| | Mon | Tue | Wed | Thu | Fri | Sat | Sun |
|--------|-----|-----|-----|-----|-----|-----|-----|
| Team A | Day | Day | Day | Day | Day | Off | Off |

Day = Day shift · Off = Day off

mytommy.com