72 hours per month post

| Day $1$ | Day | Day | Day $4$ | Day | Day | $\begin{gathered} \text { Day } \\ 7 \end{gathered}$ | $\begin{gathered} \text { Day } \\ 8 \end{gathered}$ | Day | Day | $\begin{gathered} \text { Day } \\ 11 \end{gathered}$ | $\begin{gathered} \text { Day } \\ 12 \end{gathered}$ | $\begin{gathered} \text { Day } \\ 13 \end{gathered}$ | $\begin{gathered} \text { Day } \\ 14 \end{gathered}$ | Day | $\begin{gathered} \text { Days } \\ 16-30 \end{gathered}$ |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
| ${ }^{\circ} \mathrm{O}=$ | $\stackrel{\text { ® }}{\stackrel{\text { ® }}{ }}$ | ⓪ | エ コ | $\underset{\sim}{\text { ¢ }}$ | ¢ | ¢ 2 | $\underline{\mathrm{O}} \mathrm{z}$ | $\mathfrak{\imath}$ | ※ | エ フ | 푼 | ¢ | の 2 | $\stackrel{O}{2} \mathbf{z}$ | OFF |
|  | 10 | m－10pm |  | n－9pm | $9 \mathrm{ma}-2 \mathrm{pm}$ | $\begin{aligned} & \text { 2pm- } \\ & 9 \mathrm{pm} \end{aligned}$ |  | m－10pm | m－10pm |  |  | 2pm－9pm | 9am－2pm | 2pm－10pm |  |

Day one commences on the first Monday of each Month

