Future Perfect Continuous Tense

will have been + verb(ing)

When do we use Future Perfect Continuous Tense?

Action that will have started, will have continued for some time and will still be in progress in the future either

- a) before a specific moment, or
 - e.g. They will have been flying to London for
 - 4 hours by this time tomorrow.
- b) before another action takes place.
 - e.g. We will have been cleaning the house all day by the time she returns.