

Alternative Work Schedule Examples

9 Hour/4 Day Alternate Fridays Off With a 30 Minute Lunch Period:
 (Workweek starts at noon on Friday)

Workweek	Day	Begin Time	End Time	Hours Worked	Total Hrs Worked
#1	Friday (on)	12:00	4:00	4 hours	
	Monday	7:30	5:00	9 hours	
	Tuesday	7:30	5:00	9 hours	
	Wednesday	7:30	5:00	9 hours	
	Thursday	7:30	5:00	9 hours	
	Friday (off)			0 hours	40 hours
#2	Friday (off)			0 hours	
	Monday	7:30	5:00	9 hours	
	Tuesday	7:30	5:00	9 hours	
	Wednesday	7:30	5:00	9 hours	
	Thursday	7:30	5:00	9 hours	
	Friday (on)	7:30	11:30	4 hours	40 hours
#3	Friday (on)	12:00	4:00	4 hours	
	Monday	7:30	5:00	9 hours	
	Tuesday	7:30	5:00	9 hours	
	Wednesday	7:30	5:00	9 hours	
	Thursday	7:30	5:00	9 hours	
	Friday (off)			0 hours	40 hours
#4	Friday (off)			0 hours	
	Monday	7:30	5:00	9 hours	
	Tuesday	7:30	5:00	9 hours	
	Wednesday	7:30	5:00	9 hours	
	Thursday	7:30	5:00	9 hours	
	Friday (on)	7:30	11:30	4 hours	40 hours