Flexible Hours vs Fixed Hours (vsdiff.com)

Feature	Flexible Hours	Fixed Hours
Work Schedule	Varies based on employee preference	Set and predetermined
Work-Life Balance	Improved, as employees choose hours	May lead to imbalance due to rigidity
Productivity	Can enhance productivity based on peak hours	Predictable but may not suit all
Employer Control	Less control over employee hours	More control over workforce management
Communication	Potential for miscommunication with varying hours	Clear communication in set hours
Employee Satisfaction	Generally higher due to autonomy	Can be lower due to lack of flexibility

Source: https://vsdiff.com/flexible-hours-vs-fixed-hours/