

$$\begin{array}{ccccc}
 \mathcal{A}W & \xrightarrow{\text{Id}_{\mathcal{A}W}} & \mathcal{A}W & \xrightarrow{\alpha_W} & \mathcal{B}W \\
 \downarrow \mathcal{A}(gf) & & \downarrow \mathcal{A}(f) & \xleftarrow{a_f} & \downarrow \mathcal{B}(f) \\
 & & \mathcal{A}X & \xrightarrow{\alpha_X} & \mathcal{B}X \\
 & \xleftarrow{a_{gf}} & & & \xleftarrow{b_{gf}} \\
 & & \downarrow \mathcal{A}(g) & \xleftarrow{a_g} & \downarrow \mathcal{B}(g) \\
 \mathcal{A}Y & \xrightarrow{\text{Id}_{\mathcal{A}Y}} & \mathcal{A}Y & \xrightarrow{\alpha_Y} & \mathcal{B}Y \\
 & & & & \downarrow \mathcal{B}(g)\mathcal{B}(f) \\
 & & & & \mathcal{B}Y
 \end{array}
 =
 \begin{array}{ccccc}
 \mathcal{A}W & \xrightarrow{\alpha_W} & \mathcal{B}W & \xrightarrow{\text{Id}_{\mathcal{B}W}} & \mathcal{B}W \\
 \downarrow \mathcal{A}(gf) & & \downarrow \mathcal{B}(gf) & & \downarrow \mathcal{B}(g)\mathcal{B}(f) \\
 & \xleftarrow{\alpha_{gf}} & & \xleftarrow{b_{gf}} & \\
 & & \mathcal{B}Y & \xrightarrow{\text{Id}_{\mathcal{B}Y}} & \mathcal{B}Y \\
 & & & & \downarrow \mathcal{B}(g)\mathcal{B}(f) \\
 & & & & \mathcal{B}Y
 \end{array}$$

