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TIME ZONE CHART

Northern summer: early April to late October

	Los Angeles (-7)	Chicago (-5)	New York (-4)	São Paulo (-3)	London (+1)	Paris / Berlin (+2)	Dubai (+4)	Mumbai (+5:30)	Singapore (+8)	Tokyo (+9)	Sydney (+10)
00:00 UTC	5 pm -1	7 pm -1	8 pm -1	9 pm -1	1 am	2 am	4 am	5:30 am	8 am	9 am	10 am
01:00 UTC	6 pm -1	8 pm -1	9 pm -1	10 pm -1	2 am	3 am	5 am	6:30 am	9 am	10 am	11 am
02:00 UTC	7 pm -1	9 pm -1	10 pm -1	11 pm -1	3 am	4 am	6 am	7:30 am	10 am	11 am	12 pm
03:00 UTC	8 pm -1	10 pm -1	11 pm -1	12 am	4 am	5 am	7 am	8:30 am	11 am	12 pm	1 pm
04:00 UTC	9 pm -1	11 pm -1	12 am	1 am	5 am	6 am	8 am	9:30 am	12 pm	1 pm	2 pm
05:00 UTC	10 pm -1	12 am	1 am	2 am	6 am	7 am	9 am	10:30 am	1 pm	2 pm	3 pm
06:00 UTC	11 pm -1	1 am	2 am	3 am	7 am	8 am	10 am	11:30 am	2 pm	3 pm	4 pm
07:00 UTC	12 am	2 am	3 am	4 am	8 am	9 am	11 am	12:30 pm	3 pm	4 pm	5 pm
08:00 UTC	1 am	3 am	4 am	5 am	9 am	10 am	12 pm	1:30 pm	4 pm	5 pm	6 pm
09:00 UTC	2 am	4 am	5 am	6 am	10 am	11 am	1 pm	2:30 pm	5 pm	6 pm	7 pm
10:00 UTC	3 am	5 am	6 am	7 am	11 am	12 pm	2 pm	3:30 pm	6 pm	7 pm	8 pm
11:00 UTC	4 am	6 am	7 am	8 am	12 pm	1 pm	3 pm	4:30 pm	7 pm	8 pm	9 pm
12:00 UTC	5 am	7 am	8 am	9 am	1 pm	2 pm	4 pm	5:30 pm	8 pm	9 pm	10 pm
13:00 UTC	6 am	8 am	9 am	10 am	2 pm	3 pm	5 pm	6:30 pm	9 pm	10 pm	11 pm
14:00 UTC	7 am	9 am	10 am	11 am	3 pm	4 pm	6 pm	7:30 pm	10 pm	11 pm	12 am +1
15:00 UTC	8 am	10 am	11 am	12 pm	4 pm	5 pm	7 pm	8:30 pm	11 pm	12 am +1	1 am +1
16:00 UTC	9 am	11 am	12 pm	1 pm	5 pm	6 pm	8 pm	9:30 pm	12 am +1	1 am +1	2 am +1
17:00 UTC	10 am	12 pm	1 pm	2 pm	6 pm	7 pm	9 pm	10:30 pm	1 am +1	2 am +1	3 am +1
18:00 UTC	11 am	1 pm	2 pm	3 pm	7 pm	8 pm	10 pm	11:30 pm	2 am +1	3 am +1	4 am +1
19:00 UTC	12 pm	2 pm	3 pm	4 pm	8 pm	9 pm	11 pm	12:30 am +1	3 am +1	4 am +1	5 am +1
20:00 UTC	1 pm	3 pm	4 pm	5 pm	9 pm	10 pm	12 am +1	1:30 am +1	4 am +1	5 am +1	6 am +1
21:00 UTC	2 pm	4 pm	5 pm	6 pm	10 pm	11 pm	1 am +1	2:30 am +1	5 am +1	6 am +1	7 am +1
22:00 UTC	3 pm	5 pm	6 pm	7 pm	11 pm	12 am +1	2 am +1	3:30 am +1	6 am +1	7 am +1	8 am +1
23:00 UTC	4 pm	6 pm	7 pm	8 pm	12 am +1	1 am +1	3 am +1	4:30 am +1	7 am +1	8 am +1	9 am +1

Shading: green 9 am - 5 pm (working hours), yellow 7-9 am and 5-9 pm, grey night. +1 / -1 = next / previous day compared with UTC. Figures in brackets are hours from UTC.
São Paulo, Dubai, Mumbai, Singapore and Tokyo do not use daylight saving time, so their offsets never change. Check the weeks around each switch.