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TIME ZONE CHART

Northern winter: early November to early March

	Los Angeles (-8)	Chicago (-6)	New York (-5)	São Paulo (-3)	London (+0)	Paris / Berlin (+1)	Dubai (+4)	Mumbai (+5:30)	Singapore (+8)	Tokyo (+9)	Sydney (+11)
00:00 UTC	4 pm -1	6 pm -1	7 pm -1	9 pm -1	12 am	1 am	4 am	5:30 am	8 am	9 am	11 am
01:00 UTC	5 pm -1	7 pm -1	8 pm -1	10 pm -1	1 am	2 am	5 am	6:30 am	9 am	10 am	12 pm
02:00 UTC	6 pm -1	8 pm -1	9 pm -1	11 pm -1	2 am	3 am	6 am	7:30 am	10 am	11 am	1 pm
03:00 UTC	7 pm -1	9 pm -1	10 pm -1	12 am	3 am	4 am	7 am	8:30 am	11 am	12 pm	2 pm
04:00 UTC	8 pm -1	10 pm -1	11 pm -1	1 am	4 am	5 am	8 am	9:30 am	12 pm	1 pm	3 pm
05:00 UTC	9 pm -1	11 pm -1	12 am	2 am	5 am	6 am	9 am	10:30 am	1 pm	2 pm	4 pm
06:00 UTC	10 pm -1	12 am	1 am	3 am	6 am	7 am	10 am	11:30 am	2 pm	3 pm	5 pm
07:00 UTC	11 pm -1	1 am	2 am	4 am	7 am	8 am	11 am	12:30 pm	3 pm	4 pm	6 pm
08:00 UTC	12 am	2 am	3 am	5 am	8 am	9 am	12 pm	1:30 pm	4 pm	5 pm	7 pm
09:00 UTC	1 am	3 am	4 am	6 am	9 am	10 am	1 pm	2:30 pm	5 pm	6 pm	8 pm
10:00 UTC	2 am	4 am	5 am	7 am	10 am	11 am	2 pm	3:30 pm	6 pm	7 pm	9 pm
11:00 UTC	3 am	5 am	6 am	8 am	11 am	12 pm	3 pm	4:30 pm	7 pm	8 pm	10 pm
12:00 UTC	4 am	6 am	7 am	9 am	12 pm	1 pm	4 pm	5:30 pm	8 pm	9 pm	11 pm
13:00 UTC	5 am	7 am	8 am	10 am	1 pm	2 pm	5 pm	6:30 pm	9 pm	10 pm	12 am +1
14:00 UTC	6 am	8 am	9 am	11 am	2 pm	3 pm	6 pm	7:30 pm	10 pm	11 pm	1 am +1
15:00 UTC	7 am	9 am	10 am	12 pm	3 pm	4 pm	7 pm	8:30 pm	11 pm	12 am +1	2 am +1
16:00 UTC	8 am	10 am	11 am	1 pm	4 pm	5 pm	8 pm	9:30 pm	12 am +1	1 am +1	3 am +1
17:00 UTC	9 am	11 am	12 pm	2 pm	5 pm	6 pm	9 pm	10:30 pm	1 am +1	2 am +1	4 am +1
18:00 UTC	10 am	12 pm	1 pm	3 pm	6 pm	7 pm	10 pm	11:30 pm	2 am +1	3 am +1	5 am +1
19:00 UTC	11 am	1 pm	2 pm	4 pm	7 pm	8 pm	11 pm	12:30 am +1	3 am +1	4 am +1	6 am +1
20:00 UTC	12 pm	2 pm	3 pm	5 pm	8 pm	9 pm	12 am +1	1:30 am +1	4 am +1	5 am +1	7 am +1
21:00 UTC	1 pm	3 pm	4 pm	6 pm	9 pm	10 pm	1 am +1	2:30 am +1	5 am +1	6 am +1	8 am +1
22:00 UTC	2 pm	4 pm	5 pm	7 pm	10 pm	11 pm	2 am +1	3:30 am +1	6 am +1	7 am +1	9 am +1
23:00 UTC	3 pm	5 pm	6 pm	8 pm	11 pm	12 am +1	3 am +1	4:30 am +1	7 am +1	8 am +1	10 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.
US and Canada switch on the 1st Sunday in November and the 2nd Sunday in March; UK and EU on the last Sunday in October and March; Sydney on the 1st Sunday in April and October. Check the weeks between.