

This table displays an example of a session from 8:30-10:30 in US Central Standard time. The corresponding times in different regions of the world are given in a 24-h format (UTC=coordinated universal time).

14:30 - 16:30* UTC-Time	Regions/Example Countries*
06:30 – 08:30	Western U.S./Canada
07:30 - 09:30	Mountain U.S./Canada
<b>08:30 - 10:30</b>	<b>Central America, Mexico, Central U.S./Canada</b>
09:30 - 11:30	Eastern U.S./Canada, Colombia, Ecuador
10:30 - 12:30	Bolivia
11:30 – 13:30	Chile, Brazil, Argentina
14:30 – 16:30	UK, Burkina Faso, Ghana, Senegal
15:30 – 17:30	Western Europe, Niger, Cameroon, Nigeria
16:30 - 18:30	Mozambique, South Africa, Eastern Europe, Israel
17:30 - 19:30	Kenya, Ethiopia, Qatar, Saudi Arabia
18:30 - 20:30	UAE
18:00 - 20:00	India
20:30 - 22:30	Bangladesh
22:30 - 24:30	Philippines, Malaysia, China, Taiwan
23:30 - 01:30	South Korea, Japan
01:30 - 03:30	Australia
02:30 - 04:30	New Zealand (next day)