

WORLD TIME ZONES

GMT	GMT VARIANCE	MIDDAY CHINA 12:00	MIDDAY CHINA AM/PM	NIGHT	DAY
00:00	(GMT-12:00)		PM	Eniwetok, Kwajalein	
01:00	(GMT-11:00)	17:00	5.00	Midway Island, Samoa Islands	
02:00	(GMT-10:00)	18:00	6.00	Hawaii	
03:00	(GMT-09:00)	19:00	7.00	Alaska	
04:00	(GMT-08:00)	20:00	8.00	Pacific Time(US & Canada), Tijuana, Mexico	
05:00	(GMT-07:00)	21:00	9.00	Mountain Time (US & Canada)	
06:00	(GMT-06:00)	22:00	10.00	Central Time (US & Canada), Mexico City, Tegucigalpa, Saskatchewan	
07:00	(GMT-05:00)	23:00	11.00	Eastern Time (US & Canada), Bogota, Lima, Indiana(East)	
08:00	(GMT-04:00)	12:00	Midnight	Atlantic Time (Canada), Caracas, La Paz	
09:00	(GMT-03:00)	01:00	1.00	Buenos Aires, Georgetown, Brasilia	
10:00	(GMT-02:00)	02:00	2.00	Mid-Atlantic	
11:00	(GMT-01:00)	03:00	3.00	Azores, Cape Verde Islands	
12:00	(GMT)	04:00	4.00	Greenwich Mean Time, Dublin, Edinburgh, London, Monrovia, Lisbon, Casablanca	
13:00	(GMT+01:00)	05:00	5.00	Paris, Madrid, Berlin, Stockholm, Rome, Bern, Brussels, Vienna, Amsterdam, Prague, Warsaw, Belgrade, Budapest, Copenhagen, Sofia	
14:00	(GMT+02:00)	06:00	6:00 AM	Eastern Europe, Harare, Pretoria, Cairo, Athens, Helsinki, Istanbul, Israel	
15:00	(GMT+03:00)	07:00	7.00	Baghdad, Kuwait, Nairobi, Riyadh, Moscow, St. Petersburg, Volgrad	
16:00	(GMT+04:00)	08:00	8.00	Abu Dhabi, Muscat, Tiflis, Kazan, Baku	
17:00	(GMT+05:00)	09:00	9.00	Islamabad, Karachi, Ekaterinburg, Tashkent	
18:00	(GMT+06:00)	10:00	10.00	Alma-Ata, Dacca, Colombo, Mumbai, New Dehli	
19:00	(GMT+07:00)	11:00	11:00	Bangkok, Jakarta, Hanoi	
20:00	(GMT+08:00)	12:00	Midday	Beijing, Shanghai, Urumqi, Hong Kong, Singapore, Taipei	
21:00	(GMT+09:00)	13:00	1:00	Tokyo, Osaka, Sapporo, Seoul, Yakutsk	
22:00	(GMT+10:00)	14:00	2:00	Brisbane, Melbourne, Sydney, Guam, Port Moresby, Vladivostok, Hobart, Canberra	
23:00	(GMT+11:00)	15:00	3:00	Magadan, Solomon Islands, New Caledonia	
24:00	(GMT+12:00)	16:00	4:00 PM	Fiji, Marshall Island, Kamchatka, Wellington, Auckland	