

World Time Zone Table

12-hr Clock — Summer

E Australia	Pacific	Mountain	Central	Eastern	UK	W Europe	India	Japan
2:00 PM	9:00 PM	10:00 PM	11:00 PM	Midnight	5:00 AM	6:00 AM	9:30 AM	1:00 PM
3:00 PM	10:00 PM	11:00 PM	Midnight	1:00 AM	6:00 AM	7:00 AM	10:30 AM	2:00 PM
4:00 PM	11:00 PM	Midnight	1:00 AM	2:00 AM	7:00 AM	8:00 AM	11:30 AM	3:00 PM
5:00 PM	Midnight	1:00 AM	2:00 AM	3:00 AM	8:00 AM	9:00 AM	Noon:30	4:00 PM
6:00 PM	1:00 AM	2:00 AM	3:00 AM	4:00 AM	9:00 AM	10:00 AM	1:30 PM	5:00 PM
7:00 PM	2:00 AM	3:00 AM	4:00 AM	5:00 AM	10:00 AM	11:00 AM	2:30 PM	6:00 PM
8:00 PM	3:00 AM	4:00 AM	5:00 AM	6:00 AM	11:00 AM	Noon	3:30 PM	7:00 PM
9:00 PM	4:00 AM	5:00 AM	6:00 AM	7:00 AM	Noon	1:00 PM	4:30 PM	8:00 PM
10:00 PM	5:00 AM	6:00 AM	7:00 AM	8:00 AM	1:00 PM	2:00 PM	5:30 PM	9:00 PM
11:00 PM	6:00 AM	7:00 AM	8:00 AM	9:00 AM	2:00 PM	3:00 PM	6:30 PM	10:00 PM
Midnight	7:00 AM	8:00 AM	9:00 AM	10:00 AM	3:00 PM	4:00 PM	7:30 PM	11:00 PM
1:00 AM	8:00 AM	9:00 AM	10:00 AM	11:00 AM	4:00 PM	5:00 PM	8:30 PM	Midnight
2:00 AM	9:00 AM	10:00 AM	11:00 AM	Noon	5:00 PM	6:00 PM	9:30 PM	1:00 AM
3:00 AM	10:00 AM	11:00 AM	Noon	1:00 PM	6:00 PM	7:00 PM	10:30 PM	2:00 AM
4:00 AM	11:00 AM	Noon	1:00 PM	2:00 PM	7:00 PM	8:00 PM	11:30 PM	3:00 AM
5:00 AM	Noon	1:00 PM	2:00 PM	3:00 PM	8:00 PM	9:00 PM	Midnight:30	4:00 AM
6:00 AM	1:00 PM	2:00 PM	3:00 PM	4:00 PM	9:00 PM	10:00 PM	1:30 AM	5:00 AM
7:00 AM	2:00 PM	3:00 PM	4:00 PM	5:00 PM	10:00 PM	11:00 PM	2:30 AM	6:00 AM
8:00 AM	3:00 PM	4:00 PM	5:00 PM	6:00 PM	11:00 PM	Midnight	3:30 AM	7:00 AM
9:00 AM	4:00 PM	5:00 PM	6:00 PM	7:00 PM	Midnight	1:00 AM	4:30 AM	8:00 AM
10:00 AM	5:00 PM	6:00 PM	7:00 PM	8:00 PM	1:00 AM	2:00 AM	5:30 AM	9:00 AM
11:00 AM	6:00 PM	7:00 PM	8:00 PM	9:00 PM	2:00 AM	3:00 AM	6:30 AM	10:00 AM
Noon	7:00 PM	8:00 PM	9:00 PM	10:00 PM	3:00 AM	4:00 AM	7:30 AM	11:00 AM
1:00 PM	8:00 PM	9:00 PM	10:00 PM	11:00 PM	4:00 AM	5:00 AM	8:30 AM	Noon

Note: India and Japan do not observe Daylight Saving Time, nor do Arizona, USA (Mountain), or Saskatchewan, Canada (Central).