



ONLINE SCHEDULE TIME ZONES

Recommended time slots for each time zone are in **bold**.

		FULL-TIME 1	FULL-TIME 2
NORTH AND LATIN AMERICA		Sun – Thu	Mon – Fri
CANADA	Montreal / Toronto	21:00 – 00:00 +1 day	08:30 – 11:15 11:45 – 13:00
	Vancouver	18:00 – 21:00	05:30 – 08:15 08:45 – 10:00
COLOMBIA	Bogota	20:00 – 24:00	07:30 – 10:15 10:45 – 12:00
MEXICO	Mexico City	19:00 – 23:00	06:30 – 09:15 09:45 – 11:00
BRAZIL	Sao Paulo	22:00 – 02:00 +1 day	09:30 – 12:15 12:45 – 14:00
ASIA AND OCEANIA		Mon – Fri	
AUSTRALIA	Brisbane	11:00 – 15:00	22:30 – 01:15 +1 day 01:45 – 03:00 +1 day
	Melbourne / Sydney	12:00 – 16:00	23:30 – 02:15 +1 day 02:45 – 04:00 +1 day
	Adelaide	11:30 – 15:30	23:00 – 01:45 +1 day 02:15 – 03:30 +1 day
THAILAND	Bangkok	08:00 – 12:00	19:30 – 22:15 +1 day 22:45 – 00:00 +1 day
TAIWAN	Taipei	09:00 – 13:00	20:30 – 23:15 23:45 – 01:00 +1 day
SOUTH KOREA	Seoul	10:00 – 14:00	21:30 – 00:15 +1 day 00:45 – 02:00 +1 day
JAPAN	Tokyo	10:00 – 14:00	21:30 – 00:15 +1 day 00:45 – 02:00 +1 day
EUROPE AND MIDDLE EAST		Mon – Fri	
SPAIN	Madrid	02:00 – 06:00	13:30 – 16:15 16:45 – 18:00
FRANCE	Paris	02:00 – 06:00	13:30 – 16:15 16:45 – 18:00
TURKEY	Istanbul	04:00 – 08:00	15:30 – 18:15 18:15 – 20:00
RUSSIA	Moscow	04:00 – 08:00	15:30 – 18:15 18:15 – 20:00
KSA	Riyadh	04:00 – 08:00	15:30 – 18:15 18:15 – 20:00

Schedules and time zone comparisons may vary throughout the year as some schedules and locations adjust to observe daylight savings or to return to standard time. If your location is not listed above or to confirm your local schedule time, please click [here](#) to check the most convenient schedule for you.