

Online Schedule Time Zones

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

North and Latin America		Part-Time	Full-Time 1	Full-Time 2
		Mon - Thu	Sun - Thu	Mon - Fri
Canada	Montreal / Toronto	18:30 - 21:15	21:00 - 01:00 +1	09:00 - 12:00 13:00 - 14:00
	Vancouver	15:30 - 18:15	18:00 - 22:00	06:00 - 09:00 10:00 - 11:00
Colombia	Bogota	17:30 - 20:15	20:00 - 00:00	08:00 - 11:00 12:00 - 13:00
Mexico	Mexico City	17:30 - 20:15	20:00 - 00:00	08:00 - 11:00 12:00 - 13:00
Brazil	Sao Paulo	19:30 - 22:15	22:00 - 02:00 +1	10:00 - 13:00 14:00 - 15:00

Asia and Oceania		Tue - Fri	Mon - Fri	
Australia	Brisbane / Melbourne Sydney	08:30 - 11:15	11:00 - 15:00	23:00 - 02:30 +1 03:30 - 04:30 +1
	Adelaide	08:00 - 10:45	10:30 - 14:30	22:30 - 01:30 +1 02:30 - 03:30 +1
Thailand	Bangkok	05:30 - 08:15	08:00 - 12:00	20:00 - 23:00 00:00 - 01:00 +1
Taiwan	Taipei	06:30 - 09:15	09:00 - 13:00	21:00 - 00:00 01:00 - 02:00 +1
South Korea	Seoul	07:30 - 10:15	10:00 - 14:00	22:00 - 01:00 +1 02:00 - 03:00 +1
Japan	Tokyo	07:30 - 10:15	10:00 - 14:00	22:00 - 01:00 +1 02:00 - 03:00 +1

Europe and Middle East		Tue - Fri	Mon - Fri	
Spain	Madrid	00:30 - 03:15	03:00 - 07:00	15:00 - 18:00 19:00 - 20:00
France	Paris	00:30 - 03:15	03:00 - 07:00	15:00 - 18:00 19:00 - 20:00
Turkey	Istanbul	01:30 - 04:15	04:00 - 08:00	16:00 - 19:00 20:00 - 21:00
Russia	Moscow	01:30 - 04:15	04:00 - 08:00	16:00 - 19:00 20:00 - 21:00
KSA	Riyadh	01:30 - 04:15	04:00 - 08:00	16:00 - 19:00 20:00 - 21:00

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.