

Region	Country	Time zone	Session 1 local start time	Session 2 local start time	Session 3 local start time	Suggested sessions
Caribbean and Americas	Canada (Vancouver)	UTC-7	01:00:00	17:00:00	08:00:00	2 and 3
Caribbean and Americas	Canada (Edmonton)	UTC-6	02:00:00	18:00:00	09:00:00	2 and 3
Caribbean and Americas	Belize	UTC-5	02:00:00	18:00:00	09:00:00	2 and 3
Caribbean and Americas	Jamaica	UTC-5	03:00:00	19:00:00	10:00:00	2 and 3
Caribbean and Americas	Antigua and Barbuda	UTC-4	04:00:00	20:00:00	11:00:00	2 and 3
Caribbean and Americas	Bahamas, The	UTC-4	04:00:00	20:00:00	11:00:00	2 and 3
Caribbean and Americas	Barbados	UTC-4	04:00:00	20:00:00	11:00:00	2 and 3
Caribbean and Americas	Canada (Toronto)	UTC-4	04:00:00	20:00:00	11:00:00	2 and 3
Caribbean and Americas	Dominica	UTC-4	04:00:00	20:00:00	11:00:00	2 and 3
Caribbean and Americas	Grenada	UTC-4	04:00:00	20:00:00	11:00:00	2 and 3
Caribbean and Americas	Guyana	UTC-4	04:00:00	20:00:00	11:00:00	2 and 3
Caribbean and Americas	Saint Lucia	UTC-4	04:00:00	20:00:00	11:00:00	2 and 3
Caribbean and Americas	St Kitts and Nevis	UTC-4	04:00:00	20:00:00	11:00:00	2 and 3
Caribbean and Americas	St Vincent and The Grenadines	UTC-4	04:00:00	20:00:00	11:00:00	2 and 3
Caribbean and Americas	Trinidad and Tobago	UTC-4	04:00:00	20:00:00	11:00:00	2 and 3
Africa	Gambia, The	UTC	08:00:00	00:00:00	15:00:00	1 and 3
Africa	Ghana	UTC	08:00:00	00:00:00	15:00:00	1 and 3
Africa	Sierra Leone	UTC	08:00:00	00:00:00	15:00:00	1 and 3
Africa	Togo	UTC	08:00:00	00:00:00	15:00:00	1 and 3
Africa	Cameroon	UTC+1	09:00:00	01:00:00	16:00:00	1 and 3
Africa	Gabon	UTC+1	09:00:00	01:00:00	16:00:00	1 and 3
Africa	Nigeria	UTC+1	09:00:00	01:00:00	16:00:00	1 and 3
Europe	United Kingdom	UTC+1	09:00:00	01:00:00	16:00:00	1 and 3
Africa	Botswana	UTC+2	10:00:00	02:00:00	17:00:00	1 and 3
Africa	Kingdom of Eswatini	UTC+2	10:00:00	02:00:00	17:00:00	1 and 3
Africa	Lesotho	UTC+2	10:00:00	02:00:00	17:00:00	1 and 3
Africa	Malawi	UTC+2	10:00:00	02:00:00	17:00:00	1 and 3
Africa	Mozambique	UTC+2	10:00:00	02:00:00	17:00:00	1 and 3
Africa	Namibia	UTC+2	10:00:00	02:00:00	17:00:00	1 and 3
Africa	Rwanda	UTC+2	10:00:00	02:00:00	17:00:00	1 and 3
Africa	South Africa	UTC+2	10:00:00	02:00:00	17:00:00	1 and 3
Africa	Zambia	UTC+2	10:00:00	02:00:00	17:00:00	1 and 3
Africa	Kenya	UTC+3	11:00:00	03:00:00	18:00:00	1 and 3
Europe	Malta	UTC+3	11:00:00	03:00:00	18:00:00	1 and 3
Africa	Uganda	UTC+3	11:00:00	03:00:00	18:00:00	1 and 3
Africa	United Republic of Tanzania	UTC+3	11:00:00	03:00:00	18:00:00	1 and 3
Europe	Cyprus	UTC+4	12:00:00	04:00:00	19:00:00	1 and 3
Africa	Mauritius	UTC+4	12:00:00	04:00:00	19:00:00	1 and 3
Africa	Seychelles	UTC+4	12:00:00	04:00:00	19:00:00	1 and 3
Asia	Maldives	UTC+5	13:00:00	05:00:00	20:00:00	1 and 3
Asia	Pakistan	UTC+5	13:00:00	05:00:00	20:00:00	1 and 3
Asia	India	UTC+5.5	13:30:00	05:30:00	20:30:00	1 and 3
Asia	Sri Lanka	UTC+5.5	13:30:00	05:30:00	20:30:00	1 and 3
Asia	Bangladesh	UTC+6	14:00:00	06:00:00	21:00:00	1 and 3
Pacific	Australia (Perth)	UTC+8	16:00:00	08:00:00	23:00:00	1 and 2
Asia	Brunei Darussalam	UTC+8	16:00:00	08:00:00	23:00:00	1 and 2
Asia	Malaysia	UTC+8	16:00:00	08:00:00	23:00:00	1 and 2
Asia	Singapore	UTC+8	16:00:00	08:00:00	23:00:00	1 and 2
Pacific	Australia (Melbourne)	UTC+10	18:00:00	10:00:00	01:00:00	1 and 2
Pacific	Papua New Guinea	UTC+10	18:00:00	10:00:00	01:00:00	1 and 2
Pacific	Solomon Islands	UTC+11	19:00:00	11:00:00	02:00:00	1 and 2
Pacific	Vanuatu	UTC+11	19:00:00	11:00:00	02:00:00	1 and 2
Pacific	Fiji	UTC+12	20:00:00	12:00:00	03:00:00	1 and 2
Pacific	Kiribati (Gilbert Island)	UTC+12	20:00:00	12:00:00	03:00:00	1 and 2
Pacific	Nauru	UTC+12	20:00:00	12:00:00	03:00:00	1 and 2
Pacific	Tuvalu	UTC+12	20:00:00	12:00:00	03:00:00	1 and 2
Pacific	New Zealand	UTC+12	21:00:00	13:00:00	04:00:00	1 and 2
Pacific	Kiribati (Phoenix Island)	UTC+13	21:00:00	13:00:00	04:00:00	1 and 2
Pacific	Samoa	UTC+13	21:00:00	13:00:00	04:00:00	1 and 2
Pacific	Tonga	UTC+13	21:00:00	13:00:00	04:00:00	1 and 2
Pacific	Kiribati (Line Islands)	UTC+14	22:00:00	14:00:00	05:00:00	1 and 2

Session times

#1 Wed 1 October 08:00 - 10:00 GMT/UTC
#2 Thurs 2 October 00:00 - 02:00 GMT/UTC
#3 Thurs 2 October 15:00 - 17:00 GMT/UTC

Key

Country with multiple time zones
Daylight Savings Time in effect
Unsuitable time
Inconvenient time