

# Time Zone Calculator

Use the map and time zone table to assist in scheduling live Web-based training programs.

Pacific	Mountain	Central	Eastern	Atlantic
8:00	9:00	10:00	11:00	12:00
9:00	10:00	11:00	12:00	1:00
10:00	11:00	12:00	1:00	2:00
11:00	12:00	1:00	2:00	3:00
12:00	1:00	2:00	3:00	4:00
1:00	2:00	3:00	4:00	5:00
2:00	3:00	4:00	5:00	6:00
3:00	4:00	5:00	6:00	7:00
4:00	5:00	6:00	7:00	8:00
5:00	6:00	7:00	8:00	9:00

