

IMPORTANT - DO NOT ONLY USE THIS CHART TO CONFIRM YOUR TIME - DOUBLE CHECK YOUR TIME SINCE DAYLIGHT SAVINGS CAN AFFECT THE TIME

DAY No.	Watch No.	BASE	7 Hours BEHIND	SAME TIME	6 Hours AHEAD	2 Hours BEHIND
		Jerusalem Time	EST Time - NEWYORK	E. AFRICA & MOSCOW	HONG KONG	LONDON- UK
1	1	Saturday 6pm- 9pm	Saturday 11am-2pm	Saturday 6pm- 9pm	Sunday 12am- 3am	Saturday 4pm- 7pm
1	2	Saturday 9pm - 12am	Saturday 2pm-5pm	Saturday 9pm - 12am	Sunday 3am - 6am	Saturday 7pm - 10pm
1	3	Sunday 12am - 3am	Saturday 5pm-8pm	Sunday 12am - 3am	Sunday 6am - 9am	Saturday 10pm - 1am
1	4	Sunday 3am - 6am	Saturday 8pm-11pm	Sunday 3am - 6am	Sunday 9am - 12pm	Sunday 1am - 4am
1	5	Sunday 6am - 9am	Saturday 11pm-2am	Sunday 6am - 9am	Sunday 12pm - 3pm	Sunday 4am - 7am
1	6	Sunday 9am - 12pm	Sunday 2am - 5am	Sunday 9am - 12pm	Sunday 3pm - 6pm	Sunday 7am - 10am
1	7	Sunday 12pm - 3pm	Sunday 5am - 8am	Sunday 12pm - 3pm	Sunday 6pm - 9pm	Sunday 10am - 1pm
1	8	Sunday 3pm - 6pm	Sunday 8am - 11am	Sunday 3pm - 6pm	Sunday 9pm - 12am	Sunday 1pm - 4pm
2	1	Sunday 6pm- 9pm	Sunday 11am-2pm	Sunday 6pm- 9pm	Monday 12am- 3am	Sunday 4pm- 7pm
2	2	Sunday 9pm - 12am	Sunday 2pm-5pm	Sunday 9pm - 12am	Monday 3am - 6am	Sunday 7pm - 10pm
2	3	Monday 12am - 3am	Sunday 5pm-8pm	Monday 12am - 3am	Monday 6am - 9am	Sunday 10pm - 1am
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2	5	Monday 6am - 9am	Sunday 11pm-2am	Monday 6am - 9am	Monday 12pm - 3pm	Monday 4am - 7am
2	6	Monday 9am - 12pm	Monday 2am - 5am	Monday 9am - 12pm	Monday 3pm - 6pm	Monday 7am - 10pm
2	7	Monday 12pm - 3pm	Monday 5am - 8am	Monday 12pm - 3pm	Monday 6pm - 9pm	Monday 10am - 1pm
2	8	Monday 3pm - 6pm	Monday 8am - 11am	Monday 3pm - 6pm	Monday 9pm - 12am	Monday 1pm - 4pm
3	1	Monday 6pm- 9pm	Monday 11am-2pm	Monday 6pm- 9pm	Tuesday 12am- 3am	Monday 4pm- 7pm
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DAY No.	Watch No.	BASE	6 Hours AHEAD
		Jerusalem Time	MILAYSIA
1	1	Saturday 6pm- 9pm	Sunday 12am- 3am
1	2	Saturday 9pm - 12am	Sunday 3am - 6am
1	3	Sunday 12am - 3am	Sunday 6am - 9am
1	4	Sunday 3am - 6am	Sunday 9am - 12pm
1	5	Sunday 6am - 9am	Sunday 12pm - 3pm
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