

The following days and times are the general availabilities for recording providing they have not yet been booked. The times are based on Eastern Time of the United States. Please utilize "TidyCal" scheduling site for booking.

UTC -5:00 Standard Time (EST – Autumn/Winter)
 UTC -4:00 Daylight Savings (EDT – Spring/Summer)

MONDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
4:00 PM (1600)	4:00 PM (1600)	4:00 PM (1600)	4:00 PM (1600)	10:00 AM (1000)
6:00 PM (1800)	<p>For International Guests: Please remember to offset the difference depending on your time zone</p>		6:00 PM (1800)	12:00 PM (1200)
			8:00 PM (2000)	2:00 PM (1400)
			10:00 PM (2200)	4:00 PM (1600)
				6:00 PM (1800)
				8:00 PM (2000)
				10:00 PM (2200)

