

HOW IT WORKS GROUP

ZOOM MEETING SCHEDULE

Zoom # 396 171 2186 Password: Bluebook

DAY	PST PACIFIC STANDARD	MT MOUNTAIN	CT CENTRAL	ET EASTERN
MONDAY	4:00AM 7:00AM 12:15PM 2:30PM 5:30PM 7:30PM	5:00AM 8:00AM 1:15PM 3:30PM 6:30PM 8:30PM	6:00AM 9:00AM 2:15PM 4:30PM 7:30PM 9:30PM	7:00AM 10:00AM 3:15PM 5:30PM 8:30PM 10:30PM
TUESDAY	4:00AM 7:00AM 12:15PM 2:30PM 5:30PM 7:30PM	5:00AM 8:00AM 1:15PM 3:30PM 6:30PM 8:30PM	6:00AM 9:00AM 2:15PM 4:30PM 7:30PM 9:30PM	7:00AM 10:00AM 3:15PM 5:30PM 8:30PM 10:30PM
WEDNESDAY	4:00AM 7:00AM 12:15PM 2:30PM 5:30PM 7:30PM	5:00AM 8:00AM 1:15PM 3:30PM 6:30PM 8:30PM	6:00AM 9:00AM 2:15PM 4:30PM 7:30PM 9:30PM	7:00AM 10:00AM 3:15PM 5:30PM 8:30PM 10:30PM
THURSDAY	4:00AM 7:00AM 12:15PM 2:30PM 5:30PM 7:30PM	5:00AM 8:00AM 1:15PM 3:30PM 6:30PM 8:30PM	6:00AM 9:00AM 2:15PM 4:30PM 7:30PM 9:30PM	7:00AM 10:00AM 3:15PM 5:30PM 8:30PM 10:30PM
FRIDAY	4:00AM 7:00AM 12:15PM 2:30PM 5:30PM 7:30PM	5:00AM 8:00AM 1:15PM 3:30PM 6:30PM 8:30PM	6:00AM 9:00AM 2:15PM 4:30PM 7:30PM 9:30PM	7:00AM 10:00AM 3:15PM 5:30PM 8:30PM 10:30PM
SATURDAY	4:00AM 6:30AM 9:30AM 12:15PM 2:30PM 5:30PM 7:30PM	5:00AM 7:30AM 10:30AM 1:15PM 3:30PM 6:30PM 8:30PM	6:00AM 8:30AM 11:30AM 2:15PM 4:30PM 7:30PM 9:30PM	7:00AM 9:30AM 12:30PM 3:15PM 5:30PM 8:30PM 10:30PM
SUNDAY	4:00AM 6:30AM 9:30AM 12:15PM 2:30PM 5:30PM 7:30PM	5:00AM 7:30AM 10:30AM 1:15PM 3:30PM 6:30PM 8:30PM	6:00AM 8:30AM 11:30AM 2:15PM 4:30PM 7:30PM 9:30PM	7:00AM 9:30AM 12:30PM 3:15PM 5:30PM 8:30PM 10:30PM

Notes: For those who do not reside in North America, please Google to calculate your time difference and create your own daily list. If you need help with this, reach out to the WhatsApp chat line.