

## TIME ZONE CHART

VIETNAM	PST	MST	CST	EST
MIDNIGHT	<b>10:00 AM</b>	<b>11:00 AM</b>	<b>NOON</b>	<b>1:00 PM</b>
1:00 AM	<b>11:00 AM</b>	<b>NOON</b>	<b>1:00 PM</b>	<b>2:00 PM</b>
2:00 AM	<b>NOON</b>	<b>1:00 PM</b>	<b>2:00 PM</b>	<b>3:00 PM</b>
3:00 AM	<b>1:00 PM</b>	<b>2:00 PM</b>	<b>3:00 PM</b>	<b>4:00 PM</b>
4:00 AM	<b>2:00 PM</b>	<b>3:00 PM</b>	<b>4:00 PM</b>	<b>5:00 PM</b>
5:00 AM	<b>3:00 PM</b>	<b>4:00 PM</b>	<b>5:00 PM</b>	<b>6:00 PM</b>
6:00 AM	<b>4:00 PM</b>	<b>5:00 PM</b>	<b>6:00 PM</b>	<b>7:00 PM</b>
7:00 AM	<b>5:00 PM</b>	<b>6:00 PM</b>	<b>7:00 PM</b>	<b>8:00 PM</b>
8:00 AM	<b>6:00 PM</b>	<b>7:00 PM</b>	<b>8:00 PM</b>	<b>9:00 PM</b>
9:00 AM	<b>7:00 PM</b>	<b>8:00 PM</b>	<b>9:00 PM</b>	<b>10:00 PM</b>
10:00 AM	<b>8:00 PM</b>	<b>9:00 PM</b>	<b>10:00 PM</b>	<b>11:00 PM</b>
11:00 AM	<b>9:00 PM</b>	<b>10:00 PM</b>	<b>11:00 PM</b>	<b>MIDNIGHT</b>
NOON	<b>10:00 PM</b>	<b>11:00 PM</b>	<b>MIDNIGHT</b>	1:00 AM
1:00 PM	<b>11:00 PM</b>	<b>MIDNIGHT</b>	1:00 AM	2:00 AM
2:00 PM	<b>MIDNIGHT</b>	1:00 AM	2:00 AM	3:00 AM
3:00 PM	1:00 AM	2:00 AM	3:00 AM	4:00 AM
4:00 PM	2:00 AM	3:00 AM	4:00 AM	5:00 AM
5:00 PM	3:00 AM	4:00 AM	5:00 AM	6:00 AM
6:00 PM	4:00 AM	5:00 AM	6:00 AM	7:00 AM
7:00 PM	5:00 AM	6:00 AM	7:00 AM	8:00 AM
8:00 PM	6:00 AM	7:00 AM	8:00 AM	9:00 AM
9:00 PM	7:00 AM	8:00 AM	9:00 AM	10:00 AM
10:00 PM	8:00 AM	9:00 AM	10:00 AM	11:00 AM
11:00 PM	9:00 AM	10:00 AM	11:00 AM	NOON

NOTE: The times in **Bold** type indicate the previous day.