

GLP WEEK OF LSS TIMEZONE CONVERTER

Block	Length	PST	EDT	UTC	CEST	IST	Beijing	JST	Sydney
C1	60 min	1:00–2:00 AM	4:00–5:00 AM	8:00–9:00 AM	10:00–11:00 AM	1:30–2:30 PM	4:00–5:00 PM	5:00–6:00 PM	6:00–7:00 PM
Opening	30 min	5:30–6:00 AM	8:30–9:00 AM	12:30–1:00 PM	2:30–3:00 PM	6:00–6:30 PM	8:30–9:00 PM	9:30–10:00 PM	10:30–11:00 PM
A1	60 min	6:00–7:00 AM	9:00–10:00 AM	1:00–2:00 PM	3:00–4:00 PM	6:30–7:30 PM	9:00–10:00 PM	10:00–11:00 PM	11:00 PM–12:00 AM
Break	15 min	7:00–7:15 AM	10:00–10:15 AM	2:00–2:15 PM	4:00–4:15 PM	7:30–7:45 PM	10:00–10:15 PM	11:00–11:15 PM	12:00–12:15 AM (+1 Day)
A2	75 min	7:15–8:30 AM	10:15–11:30 AM	2:15–3:30 PM	4:15–5:30 PM	7:45–9:00 PM	10:15–11:30 PM	11:15 PM–12:30 AM (+1 Day)	12:15–1:30 AM (+1 Day)
A3	60 min	8:30–9:30 AM	11:30 AM–12:30 PM	3:30–4:30 PM	5:30–6:30 PM	9:00–10:00 PM	11:30 PM–12:30 AM (crosses to +1)	12:30–1:30 AM (+1 Day)	1:30–2:30 AM (+1 Day)
Opening	30 min	4:30–5:00 PM	7:30–8:00 PM	11:30 PM–12:00 AM	1:30–2:00 AM (+1 Day)	5:00–5:30 AM (+1 Day)	7:30–8:00 AM (+1 Day)	8:30–9:00 AM (+1 Day)	9:30–10:00 AM (+1 Day)
B1	60 min	5:00–6:00 PM	8:00–9:00 PM	12:00–1:00 AM (+1 Day)	2:00–3:00 AM (+1 Day)	5:30–6:30 AM (+1 Day)	8:00–9:00 AM (+1 Day)	9:00–10:00 AM (+1 Day)	10:00–11:00 AM (+1 Day)
Break	15 min	6:00–6:15 PM	9:00–9:15 PM	1:00–1:15 AM (+1 Day)	3:00–3:15 AM (+1 Day)	6:30–6:45 AM (+1 Day)	9:00–9:15 AM (+1 Day)	10:00–10:15 AM (+1 Day)	11:00–11:15 AM (+1 Day)
B2	75 min	6:15–7:30 PM	9:15–10:30 PM	1:15–2:30 AM (+1 Day)	3:15–4:30 AM (+1 Day)	6:45–8:00 AM (+1 Day)	9:15–10:30 AM (+1 Day)	10:15–11:30 AM (+1 Day)	11:15 AM–12:30 PM (+1 Day)
C1 (Day 2+)	60 min	1:00–2:00 AM (+1 Day)	4:00–5:00 AM (+1 Day)	8:00–9:00 AM (+1 Day)	10:00–11:00 AM (+1 Day)	1:30–2:30 PM (+1 Day)	4:00–5:00 PM (+1 Day)	5:00–6:00 PM (+1 Day)	6:00–7:00 PM (+1 Day)

Two Quick Tips for Reading the Schedule:

Green vs. Purple Cells: We have color-coded the grid based on comfortable waking hours. Green cells represent optimal daytime hours for your location. Purple cells represent late-night or early-morning hours.

The Date Line (+1 Day): Because our sessions run around the clock, some time zones will cross past midnight. If a time slot in your column says (+1 Day), that session takes place on the following calendar day for you.

Example: If the block starts on a Tuesday for the main event, any cell marked (+1 Day) will happen on your Wednesday.

The schedule is designed as a continuous loop, so once you finish the final row (Day 2 Onward), jump right back up to the top row to continue tracking the next day's sessions!