

SAPHONEMEETING Time Zone SCHEDULE

SAPHONE SCHEDULE	Current Time Zone with UTC Offset in Yellow					GMT	BST	CET	CEST	MSK	AEST	AEDT	EST	EDT	CST	CDT	MST	MDT	PST	PDT		
	Hosted City, Country in Orange					+0	+1	+1	+2	+4	+10	+11	-5	-4	-6	-5	-7	-6	-8	-7		
TIME	DAY	DESCRIPTION (1)	PHONE	ACCESS CODE	SCRIPT	London, UK	Europe	Russia	Hobart, Australia	New York, USA	Chicago, USA	Denver, USA	Los Angeles, USA	TYPE								
12:00 AM	All	DSR & Book Study (3)	605-475-6700	713-8664	Download	5:00	6:00	7:00	7:00	10:30	15:00	16:00	0:00	1:00	23:00	0:00	22:00	23:00	21:00	22:00	TelePhone	
1:30 AM	All	DSR (4)	267-507-0400	34-9956	Download	6:30	7:30	7:30	8:30	10:30	16:30	17:30	1:30	2:30	0:30	1:30	23:30	0:30	22:30	23:30	TelePhone	
1:30 AM	Fri	Language: Dutch Telephone: White Book Study Time Zone: Netherlands/Belgium (CET) UTC+1 Email: info@sexaholicsanonymous.be or info@sa-nederland.nl				6:30	7:30	7:30	8:30	10:30	16:30	17:30	1:30	2:30	0:30	1:30	23:30	0:30	22:30	23:30	TelePhone	
4:30 AM	Thu	Skype - White Book Study Time Zone: Hobart, Australia (AEDT) UTC+11 Contact: David W. Email: dabetsa@hotmail key.net.au Phone: +6-141-128-3679				9:30	10:30	10:30	11:30	13:30	19:30	20:30	4:30	5:30	3:30	4:30	2:30	3:30	1:30	2:30	Skype	
6:25 AM	All	DSR (2)	267-507-0400	34-9956	Download	11:25	12:25	12:25	13:25	15:25	21:25	22:25	6:25	7:25	5:25	6:25	4:25	5:25	3:25	4:25	TelePhone	
6:30 AM	All	DSR (2)	605-475-6700	713-8664	Download	11:30	12:30	12:30	13:30	15:30	21:30	22:30	6:30	7:30	5:30	6:30	4:30	5:30	3:30	4:30	TelePhone	
7:00 AM	Wed		712-432-0600	61-2034	Flyer	12:00	13:00	13:00	14:00	16:00	22:00	23:00	7:00	8:00	6:00	7:00	5:00	6:00	4:00	5:00	TelePhone	
7:00 AM	Thu	Skype: White Book Study Time Zone: London, England (GMT) UTC+0 Contact: Nathan S. Email: saico@sa.org Phone: +44-781-495-1962				12:00	13:00	13:00	14:00	16:00	22:00	23:00	7:00	8:00	6:00	7:00	5:00	6:00	4:00	5:00	Skype	
7:00 AM	Sat	Skype: White Book Study Time Zone: Hobart, Australia (AEDT) UTC+11 Contact: David W. Email: dabetsa@hotmail key.net.au Phone: +6-141-128-3680				12:00	13:00	13:00	14:00	16:00	22:00	23:00	7:00	8:00	6:00	7:00	5:00	6:00	4:00	5:00	Skype	
7:30 AM	All	DSR (2)	605-475-6700	713-8664	Download	12:30	13:30	13:30	14:30	16:30	22:30	23:30	7:30	8:30	6:30	7:30	5:30	6:30	4:30	5:30	TelePhone	
8:00 AM	All		267-507-0400	34-9956		13:00	14:00	14:00	15:00	17:00	23:00	0:00	8:00	9:00	7:00	8:00	6:00	7:00	5:00	6:00	TelePhone	
8:30 AM	All	Men Only & DSR (2)		605-475-6700	584-3285	Download	13:30	14:30	14:30	15:30	17:30	23:30	0:30	8:30	9:30	7:30	8:30	6:30	7:30	5:30	6:30	TelePhone
11:30 AM	Sun	Language: Russian Skype: White Book Study Time Zone: Moscow, Russia (MSK) UTC+4 Contact: Denis Email: denis.odn@gmail.com				16:30	17:30	17:30	18:30	20:30	2:30	3:30	11:30	12:30	10:30	11:30	9:30	10:30	8:30	9:30	Skype	
11:30 AM	Sun	Language: Russian Skype: White Book Study Time Zone: Moscow, Russia (MSK) UTC+4 Contact: Andrei Email: an.delive@mail.r				16:30	17:30	17:30	18:30	20:30	2:30	3:30	11:30	12:30	10:30	11:30	9:30	10:30	8:30	9:30	Skype	
12:00 PM	All		605-475-6700	713-8664	Download	17:00	18:00	18:00	19:00	21:00	3:00	4:00	12:00	13:00	11:00	12:00	10:00	11:00	9:00	10:00	TelePhone	
12:00 PM	Sun	Language: Spanish Skype: White Book Study Time Zone: Madrid Spain (CET) UTC+1 Contact: Natalia Email: natalia12pasos@hotmail.com				17:00	18:00	18:00	19:00	21:00	3:00	4:00	12:00	13:00	11:00	12:00	10:00	11:00	9:00	10:00	Skype	
12:00 PM	Wed	Language: Russian Skype: White Book Study Time Zone: Moscow, Russia (MSK) UTC+4 Contact: Roman Email: saico@sa.org Phone: (615) 370-6062				17:00	18:00	18:00	19:00	21:00	3:00	4:00	12:00	13:00	11:00	12:00	10:00	11:00	9:00	10:00	Skype	
12:00 PM	Wed	Language: Russian Skype: White Book Study Time Zone: Moscow, Russia (MSK) UTC+4 Contact: Maxim Email: maximator.83@mail.ru				17:00	18:00	18:00	19:00	21:00	3:00	4:00	12:00	13:00	11:00	12:00	10:00	11:00	9:00	10:00	Skype	
12:00 PM	Fri	Language: Russian Skype: White Book Study Time Zone: Moscow, Russia (MSK) UTC+4 Contact: Oleg Email: oleg4837@yandex.ru				17:00	18:00	18:00	19:00	21:00	3:00	4:00	12:00	13:00	11:00	12:00	10:00	11:00	9:00	10:00	Skype	
12:30 PM	Mon	Skype: White & Step Study Time Zone: Berlin, Germany (CET) UTC+1 Contact: Michael Email: happyday040@gm x.de				17:30	18:30	18:30	19:30	21:30	3:30	4:30	12:30	13:30	11:30	12:30	10:30	11:30	9:30	10:30	Skype	
1:00 PM	Mon	Men Only	605-475-6700	584-3285		18:00	19:00	19:00	20:00	22:00	4:00	5:00	13:00	14:00	12:00	13:00	11:00	12:00	10:00	11:00	TelePhone	
2:00 PM	Mon	Men Only	605-475-6700	584-3285		19:00	20:00	20:00	21:00	23:00	5:00	6:00	14:00	15:00	13:00	14:00	12:00	13:00	11:00	12:00	TelePhone	
2:00 PM	Thu	Book Study (4)	605-475-6700	713-8664		19:00	20:00	20:00	21:00	23:00	5:00	6:00	14:00	15:00	13:00	14:00	12:00	13:00	11:00	12:00	TelePhone	
3:00 PM	Sun	Women Only (6)	615-370-6062			20:00	21:00	21:00	22:00	0:00	6:00	7:00	15:00	16:00	14:00	15:00	13:00	14:00	12:00	13:00	TelePhone	
3:00 PM	Wed	Skype: White Book Study Time Zone: London, England (GMT) UTC+0 Contact: Adam T. Email: saico@sa.org Phone: +44-776-027-4601				20:00	21:00	21:00	22:00	0:00	6:00	7:00	15:00	16:00	14:00	15:00	13:00	14:00	12:00	13:00	Skype	
5:00 PM	Sat		605-475-6700	713-8664		22:00	23:00	23:00	0:00	2:00	8:00	9:00	17:00	18:00	16:00	17:00	15:00	16:00	14:00	15:00	TelePhone	
7:30 PM	Tue-Thu		605-475-6700	713-8664		0:30	1:30	1:30	2:30	4:30	10:30	11:30	19:30	20:30	18:30	19:30	17:30	18:30	16:30	17:30	TelePhone	
8:00 PM	Sun		605-475-6700	713-8664		1:00	2:00	2:00	3:00	5:00	11:00	12:00	20:00	21:00	19:00	20:00	18:00	19:00	17:00	18:00	TelePhone	
8:00 PM	Sat	Women Only (6)	615-370-6062			1:00	2:00	2:00	3:00	5:00	11:00	12:00	20:00	21:00	19:00	20:00	18:00	19:00	17:00	18:00	TelePhone	
9:00 PM	Sun	Men w/Same Sex Attraction	605-475-6700	584-3285		2:00	3:00	3:00	4:00	6:00	12:00	13:00	21:00	22:00	20:00	21:00	19:00	20:00	18:00	19:00	TelePhone	
9:05 PM	Sun		267-507-0400	34-9956		2:05	3:05	3:05	4:05	6:05	12:05	13:05	21:05	22:05	20:05	21:05	19:05	20:05	18:05	19:05	TelePhone	
9:05 PM	Mon, Fri & Sat		605-475-6700	713-8664		2:05	3:05	3:05	4:05	6:05	12:05	13:05	21:05	22:05	20:05	21:05	19:05	20:05	18:05	19:05	TelePhone	
9:05 PM	Tue-Sat	Men Only	605-475-6700	584-3285		2:05	3:05	3:05	4:05	6:05	12:05	13:05	21:05	22:05	20:05	21:05	19:05	20:05	18:05	19:05	TelePhone	
10:15 PM	All		605-475-6700	713-8664	Download	3:15	4:15	4:15	5:15	7:15	13:15	14:15	22:15	23:15	21:15	22:15	20:15	21:15	19:15	20:15	TelePhone	