

World Time Zone Table

Name of Time Zone	UTC Time	City
Dateline Standard Time	UTC-12:00	International Date Line West
Samoa Standard Time	UTC-11:00	Midway Island, Samoa
Hawaiian Standard Time	UTC-10:00	Hawaii
Alaskan Standard Time	UTC-09:00	Alaska
Pacific Standard Time	UTC-08:00	Pacific Time (US and Canada); Tijuana
Mountain Standard Time	UTC-07:00	Mountain Time (US and Canada)
Mexico Standard Time 2	UTC-07:00	Chihuahua, La Paz, Mazatlan
U.S. Mountain Standard Time	UTC-07:00	Arizona
Central Standard Time	UTC-06:00	Central Time (US and Canada)
Canada Central Standard Time	UTC-06:00	Saskatchewan
Mexico Standard Time	UTC-06:00	Guadalajara, Mexico City, Monterrey
Central America Standard Time	UTC-06:00	Central America
Eastern Standard Time	UTC-05:00	Eastern Time (US and Canada)
U.S. Eastern Standard Time	UTC-05:00	Indiana (East)
S.A. Pacific Standard Time	UTC-05:00	Bogota, Lima, Quito
Atlantic Standard Time	UTC-04:00	Atlantic Time (Canada)
S.A. Western Standard Time	UTC-04:00	Caracas, La Paz
Pacific S.A. Standard Time	UTC-04:00	Santiago
E. South America Standard Time	UTC-03:00	Brasilia
S.A. Eastern Standard Time	UTC-03:00	Buenos Aires, Georgetown
Greenland Standard Time	UTC-03:00	Greenland
Mid-Atlantic Standard Time	UTC-02:00	Mid-Atlantic
Azores Standard Time	UTC-01:00	Azores
Cape Verde Standard Time	UTC-01:00	Cape Verde Islands
GMT Standard Time	UTC	Greenwich Mean Time: Dublin, Edinburgh, Lisbon, London
Greenwich Standard Time	UTC	Casablanca, Monrovia
Central Europe Standard Time	UTC+01:00	Belgrade, Bratislava, Budapest, Ljubljana, Prague
Central European Standard Time	UTC+01:00	Sarajevo, Skopje, Warsaw, Zagreb
Romance Standard Time	UTC+01:00	Brussels, Copenhagen, Madrid, Paris
W. Europe Standard Time	UTC+01:00	Amsterdam, Berlin, Bern, Rome, Stockholm, Vienna
W. Central Africa Standard Time	UTC+01:00	West Central Africa
E. Europe Standard Time	UTC+02:00	Bucharest
Egypt Standard Time	UTC+02:00	Cairo
FLE Standard Time	UTC+02:00	Helsinki, Kiev, Riga, Sofia, Tallinn, Vilnius
GTB Standard Time	UTC+02:00	Athens, Istanbul, Minsk
Israel Standard Time	UTC+02:00	Jerusalem
South Africa Standard Time	UTC+02:00	Harare, Pretoria
Russian Standard Time	UTC+03:00	Moscow, St. Petersburg, Volgograd
Arab Standard Time	UTC+03:00	Kuwait, Riyadh
E. Africa Standard Time	UTC+03:00	Nairobi
Arabic Standard Time	UTC+03:00	Baghdad
Arabian Standard Time	UTC+04:00	Abu Dhabi, Muscat
Caucasus Standard Time	UTC+04:00	Baku, Tbilisi, Yerevan
Ekaterinburg Standard Time	UTC+05:00	Ekaterinburg
West Asia Standard Time	UTC+05:00	Islamabad, Karachi, Tashkent
Central Asia Standard Time	UTC+06:00	Astana, Dhaka
Sri Lanka Standard Time	UTC+06:00	Sri Jayawardenepura
N. Central Asia Standard Time	UTC+06:00	Almaty, Novosibirsk
S.E. Asia Standard Time	UTC+07:00	Bangkok, Hanoi, Jakarta
North Asia Standard Time	UTC+07:00	Krasnoyarsk
China Standard Time	UTC+08:00	Beijing, Chongqing, Hong Kong SAR, Urumqi
Singapore Standard Time	UTC+08:00	Kuala Lumpur, Singapore
Taipei Standard Time	UTC+08:00	Taipei
W. Australia Standard Time	UTC+08:00	Perth
North Asia East Standard Time	UTC+08:00	Irkutsk, Ulaanbaatar
Korea Standard Time	UTC+09:00	Seoul
Tokyo Standard Time	UTC+09:00	Osaka, Sapporo, Tokyo
Yakutsk Standard Time	UTC+09:00	Yakutsk
A.U.S. Eastern Standard Time	UTC+10:00	Canberra, Melbourne, Sydney
E. Australia Standard Time	UTC+10:00	Brisbane
Tasmania Standard Time	UTC+10:00	Hobart
Vladivostok Standard Time	UTC+10:00	Vladivostok
West Pacific Standard Time	UTC+10:00	Guam, Port Moresby
Central Pacific Standard Time	UTC+11:00	Magadan, Solomon Islands, New Caledonia
Fiji Islands Standard Time	UTC+12:00	Fiji Islands, Kamchatka, Marshall Islands
New Zealand Standard Time	UTC+12:00	Auckland, Wellington

Source: Microsoft Time Zone