

Time Zone	Abbreviation	GMT/UTC + or -	Local Date	Local Time	Example Locations
International Date Line West	IDLW	-12	20-Mar-26	2:46 AM	Baker Island, Howland Island
Samoa Standard Time	SST	-11	20-Mar-26	3:46 AM	American Samoa, Niue
Hawaii Standard Time	HST	-10	20-Mar-26	4:46 AM	Honolulu (Hawaii, US), Tahiti (French Polynesia)
Alaska Daylight Time	AKDT	-8	20-Mar-26	6:46 AM	Anchorage (Alaska, US)
Pacific Daylight Time	PDT	-7	20-Mar-26	7:46 AM	Los Angeles (California, US), Vancouver (Canada)
Mountain Daylight Time	MDT	-6	20-Mar-26	8:46 AM	Denver (Colorado, US), Calgary (Canada)
Central Daylight Time	CDT	-5	20-Mar-26	9:46 AM	Chicago (Illinois, US), Mexico City (Mexico, no DST)
Eastern Daylight Time	EDT	-4	20-Mar-26	10:46 AM	New York (US), Toronto (Canada)
Atlantic Daylight Time	ADT	-3	20-Mar-26	11:46 AM	Halifax (Nova Scotia, Canada)
Brasilia Time	BRT	-3	20-Mar-26	11:46 AM	São Paulo (Brazil, no DST)
Argentina Time	ART	-3	20-Mar-26	11:46 AM	Buenos Aires (Argentina, no DST)
West Greenland Time	WGT	-3	20-Mar-26	11:46 AM	Nuuk (Greenland, no DST yet)
Mid-Atlantic Standard Time	MAST	-2	20-Mar-26	12:46 PM	South Georgia Islands
Azores Standard Time	AZOT	-1	20-Mar-26	1:46 PM	Ponta Delgada (Azores, Portugal, no DST yet)
Greenwich Mean Time / Coordinated Universal Time	GMT/UTC	0	20-Mar-26	2:46 PM	London (UK, no DST yet), Reykjavik (Iceland)
Central European Time	CET	1	20-Mar-26	3:46 PM	Paris (France), Berlin (Germany, no DST yet)
Eastern European Time	EET	2	20-Mar-26	4:46 PM	Athens (Greece), Kyiv (Ukraine, no DST yet)
Moscow Standard Time	MSK	3	20-Mar-26	5:46 PM	Moscow (Russia, no DST)
Gulf Standard Time	GST	4	20-Mar-26	6:46 PM	Dubai (UAE), Muscat (Oman)
Pakistan Standard Time	PKT	5	20-Mar-26	7:46 PM	Karachi (Pakistan)
India Standard Time	IST	+5:30	20-Mar-26	8:16 PM	New Delhi (India), Colombo (Sri Lanka)
Bangladesh Standard Time	BST	6	20-Mar-26	8:46 PM	Dhaka (Bangladesh)
Indochina Time	ICT	7	20-Mar-26	9:46 PM	Bangkok (Thailand), Hanoi (Vietnam)
China Standard Time	CST	8	20-Mar-26	10:46 PM	Beijing (China), Singapore
Japan Standard Time	JST	9	20-Mar-26	11:46 PM	Tokyo (Japan), Seoul (South Korea)
Australian Central Daylight Time	ACDT	+10:30	21-Mar-26	1:16 AM	Adelaide (Australia)
Australian Eastern Daylight Time	AEDT	11	21-Mar-26	1:46 AM	Sydney (Australia), Melbourne (Australia)
New Zealand Daylight Time	NZDT	13	21-Mar-26	3:46 AM	Wellington (New Zealand)
Tonga Time	TOT	13	21-Mar-26	3:46 AM	Nuku'alofa (Tonga, no DST)
Line Islands Time	LINT	14	21-Mar-26	4:46 AM	Kiritimati (Kiribati)