

Local Time	Local 24 Hr Time	UTC Spring Time		Local Time	24 Hr Time	UTC Fall Time
Daylight Savings				Standard Time		
12:00 (AM)	00:00	07:00		12:00 (AM)	00:00	08:00
01:00	01:00	08:00		01:00	01:00	09:00
02:00	02:00	09:00		02:00	02:00	10:00
03:00	03:00	10:00		03:00	03:00	11:00
04:00	04:00	11:00		04:00	04:00	12:00
05:00	05:00	12:00		05:00	05:00	13:00
06:00	06:00	13:00		06:00	06:00	14:00
07:00	07:00	14:00		07:00	07:00	15:00
08:00	08:00	15:00		08:00	08:00	16:00
09:00	09:00	16:00		09:00	09:00	17:00
10:00	10:00	17:00		10:00	10:00	18:00
11:00	11:00	18:00		11:00	11:00	19:00
12:00 (PM)	12:00	19:00		12:00 (PM)	12:00	20:00
01:00	13:00	20:00		01:00	13:00	21:00
02:00	14:00	21:00		02:00	14:00	22:00
03:00	15:00	22:00		03:00	15:00	23:00
04:00	16:00	23:00		04:00	16:00	00:00
05:00	17:00	00:00		05:00	17:00	01:00
06:00	18:00	01:00		06:00	18:00	02:00
07:00	19:00	02:00		07:00	19:00	03:00
08:00	20:00	03:00		08:00	20:00	04:00
09:00	21:00	04:00		09:00	21:00	05:00
10:00	22:00	05:00		10:00	22:00	06:00
11:00	23:00	06:00		11:00	23:00	07:00
GMT=+7				GMT=+8		