Length: 1 hour	Time in timezone (hover over zones for info)			Please add your name in row 2 of the column of your choice, and then set your preferences for each weekday and time in your column (use Row F, with Rain at the top, as an example)																						
Day of week	LA	Bejing	UK	Israel	[name]														[name]	[name]	[name]	[name]	[name]	[name]	
Mondays/Tuesday	7:00 AM	10:00 AM	8:00 PM M	10:00: PM	Yes																				
	8:00 AM	11:00 AM	6AM Tue	8:00 AM																					
Tuesdays	6:00 AM	9:00 AM	2:00 PM	4:00 PM																					
	7:00 AM	10:00 AM	3:00 PM	5:00 PM																					
	8:00 AM	11:00 AM	4:00 PM	6:00 PM																					
	9:00 AM	12:00:00	5:00 PM	7:00 PM																					
Thursdays	7:00 AM	10:00 AM	3:00 PM	5:00 PM																					
	8:00 AM	11:00 AM	4:00 PM	6:00 PM																					
	9:00 AM	12:00:00	5:00 PM	7:00 PM																					
Comments and notes																									