

Schedule of Sexaholics Anonymous Phone Meetings by Time Zone

Last updated: 3/5/2011

City					London	New York	Chicago	Denver	Los Angeles	Auckland
Time Zone					Greenwich Mean Time (GMT)	Eastern Standard Time (EST)	Central Standard Time (CST)	Mountain Standard Time (MST)	Pacific Standard Time (PST)	New Zealand Daylight Time (NZDT)
Days	Type	PIN	Format	UTC	+0	-5	-6	-7	-8	+13
Mon-Fri	Mixed	1339	Daily Sobriety Renewal	US	11:25 AM	6:25 AM	5:25 AM	4:25 AM	3:25 AM	12:25 AM
All	Mixed	5661	Daily Sobriety Renewal	US	11:30 AM	6:30 AM	5:30 AM	4:30 AM	3:30 AM	12:30 AM
All	Mixed	5661	Daily Sobriety Renewal	US	12:30 PM	7:30 AM	6:30 AM	5:30 AM	4:30 AM	1:30 AM
All	Mixed	1339	Book Study/Discussion	US	1:00 PM	8:00 AM	7:00 AM	6:00 AM	5:00 AM	2:00 AM
All	Men	5403	Daily Sobriety Renewal	US	1:30 PM	8:30 AM	7:30 AM	6:30 AM	5:30 AM	2:30 AM
All	Mixed	5661	Book Study/Discussion	US	5:00 PM	12:00 PM	11:00 AM	10:00 AM	9:00 AM	6:00 AM
Mon	Men	5403	Book Study/Discussion	US	7:00 PM	2:00 PM	1:00 PM	12:00 PM	11:00 AM	8:00 AM
Thu	Mixed	5661	Book Study/Discussion	UK	7:00 PM	2:00 PM	1:00 PM	12:00 PM	11:00 AM	8:00 AM
Sat	Mixed	5661	Book Study/Discussion	US	10:00 PM	5:00 PM	4:00 PM	3:00 PM	2:00 PM	11:00 AM
Mon	Mixed	5661	Step Study	US	12:00 AM	7:00 PM	6:00 PM	5:00 PM	4:00 PM	1:00 PM
Tue-Thu	Mixed	5661	Step Study	US	12:30 AM	7:30 PM	6:30 PM	5:30 PM	4:30 PM	1:30 PM
Sun	Mixed	5661	Book Study/Discussion	US	1:00 AM	8:00 PM	7:00 PM	6:00 PM	5:00 PM	2:00 PM
Sat	Women	See Below*	Book Study/Discussion	US	1:00 AM	8:00 PM	7:00 PM	6:00 PM	5:00 PM	2:00 PM
Sun	Mixed	1339	Fetishes Topic Meeting	US	2:05 AM	9:05 PM	8:05 PM	7:05 PM	6:05 PM	3:05 PM
Mon	Mixed	5661	Book Study/Discussion	US	2:05 AM	9:05 PM	8:05 PM	7:05 PM	6:05 PM	3:05 PM
Tue-Sat	Men	5403	Book Study/Discussion	US	2:05 AM	9:05 PM	8:05 PM	7:05 PM	6:05 PM	3:05 PM
Fri	Mixed	5661	Book Study/Discussion	US	2:05 AM	9:05 PM	8:05 PM	7:05 PM	6:05 PM	3:05 PM
All	Mixed	5661	Nightly Reflections	US	3:15 AM	10:15 PM	9:15 PM	8:15 PM	7:15 PM	4:15 PM
All	Mixed	5661	Daily Sobriety Renewal	US	5:00 AM	12:00 AM	11:00 PM	10:00 PM	9:00 PM	6:00 PM
All	Mixed	1339	Daily Sobriety Renewal	UK	6:30 AM	1:30 AM	12:30 AM	11:30 PM	10:30 PM	7:30 PM
Standard Time vs. DST (Daylight Saving Time) based on Coordinated Universal Time (UTC) and Time Zone (e.g. 12:00 PM EST meeting is 5 hours behind GMT or 5:00 PM, however for about two weeks there is only a 4 hour difference)					DST started on Sunday, March 27, 2011 at 1:00 AM and ends on Sunday, October 30, 2011 at 2:00 AM		DST started on Sunday, March 13, 2011 at 2:00 AM and ends on Sunday, November 6, 2011 at 2:00 AM			DST ended on Sunday, April 3, 2011 at 3:00 AM and starts on Sunday, September 25, 2011 at 2:00 AM
Access number 712-338-8720 . Enter PIN 5661#, 5403# or 1339# per the table above Backup number: 218-339-2699. Enter PIN 349956#. * Contact the SA Central Office at 866-424-8777 for the phone number										