

SCHEDULE COMPARISON TRAININGS 2022

Name of Cohort	Start Date	Regular Group Calls	Time Pacific US	Time Eastern US	Time Central Europe	Time Honk Kong/Singapur	Time NZL	
Welcome Swallow	March 21st	Tuesday	00:00 - 2:00 am	3:00 - 5:00 am	9:00-11:00 am	3:00 - 5:00 pm	7:00 - 9:00 pm	WELCOME SWALLOW SCHEDULE
Swallow Tailed Kite / Sassafras	April 2nd	Saturday	10:00 am - 12:15 pm	1:00 - 3:15 pm	7:00 - 9:15 pm	1:00 - 3:15 am	5:00 - 7:15 am	SWALLOW TAILED KITE / SASSAFRAS SCHEDULE
Fireflies	April 27th	Wednesday	6:00 - 8:00 pm	9:00 - 11:00 pm	3:00 - 5:00 am	9:00 - 11:00 am / Thursday	1:00 pm - 3:00 pm / Thursday	FIREFLIES SCHEDULE
Wild Strawberries	May 26th	Thursday	7:30am - 10:30am	10:30am - 1:30pm	4:30 - 7:30pm	10:30 pm - 1:30 am	2:30 - 5:30 am / Friday	WILD STRAWBERRIES SCHEDULE
Horsetail	June 5th	alternating Sunday / Thursday	Sat 6:30 - 9:30 pm / Thur 3:30 - 6:30 am	Sat 9:30 pm - 00:30 am / Thur 6:30 - 9:30 am	Sun 3:30 - 6:30 am / Thur 12:30 - 3:30 pm	Sun 9:30 am - 12:30 pm / Thur 6:30 - 8:30 pm	Sun 1:30 - 4:30 pm / Thur 10:30 pm - 00:30 am	HORSETAIL SCHEDULE
Bluebird	June 16th	Thursday	5:30 - 7:00pm	8:30 - 10:00 pm	2:30 - 4:00 am	9:30 - 11:00 am / Friday	12.30 - 2.00pm / Friday	BLUEBIRD SCHEDULE
Puma IN SPANISH / EN ESPAÑOL	June 18th	Saturday/ Sábado	8:00 - 9:30 am	11:00 am - 12:30 pm	5:00 - 6:30 pm	11:00 pm - 00:30 am	3:00 - 4:30 am / Sunday	PUMA SCHEDULE
Sweet Fern	July 15th	Friday	6:00 - 9:00 am	9:00 am - 12:00 pm	3:00 - 6:00 pm	9:00 pm - 00:00 am	5:00 - 8:00 am Saturday	SWEET FERN SCHEDULE
Dolphin Super Pod	August 9th	Tuesday	6:00 - 7:30 pm	9:00 - 10:30 pm	3:00 - 4:30 am	9:00 - 10:30 am / Wednesday	1:00 - 2:30 pm / Wednesday	DOLPHIN SUPER POD SCHEDULE
Salamander	September 1st	Thursday	3:30 - 5:30 pm	6:30 - 8:30 pm	12:30 - 3:30 am	6:30 - 8:30 am / Friday	10:30 am - 12:30 pm / Friday	SALAMANDER SCHEDULE
Chickadee	September 28th	Wednesday	9:00 - 11:30 am	12:00 - 2:30 pm	6:00 - 8:30 pm	00:00 - 2:30 am / Thursday	4:00 - 6:30 am / Thursday	CHICKADEE SCHEDULE
Great Horned Owl	October 1st	Saturday	10:00 am - 12:00 pm	1:00 - 3:00 pm	7:00 - 9:00 pm	1:00 - 3:00 am / Sunday	5:00 - 7:00 am / Sunday	GREAT HORNED OWL SCHEDULE
Orchid Blooms	October 26th	Wednesday	2:30 - 5:00 am	5:30 - 7:00 am	11:30 am - 2:00 pm	6:30 - 9:00 pm	9:30 pm - 00:00 am	ORCHID BLOOMS SCHEDULE
Snowshoe Hare	November 3rd	Thursday	7:00 - 10:00 am	11:00 am - 2:00 pm	4:00 - 7:00 pm	10:00 pm - 1:00 am / Friday	4:00 - 7:00 am / Friday	SNOWSHOE HARE SCHEDULE

DISCLAIMER: The above stated times may vary for some of the calls, depending on when time changes occur in different regions at different times.

In case you have any doubt, you can use www.worldtimebuddy.com to get the time for your specific region.

The green fields is where the time makes sense for that particular region. The fields in gold are where the time makes no sense for that region (middle of the night)

The times specified above are the times for the live group calls in each module.

Usually the group calls are every 2 weeks, except for the first 2 weeks and the last 2 weeks where the calls are every week

There are additional calls not specified here like Remotely Guided Forest Therapy walks, small group discussions, Q&A, walk debriefs.

Some of these calls are on the detailed schedule, some of them will be scheduled along the way.

Let us know if you have any specific question regarding the schedules.