

Time Conversion Table for the Central Time Zone

UTC	CST	CDT	UTC
00	6 p.m.	7 p.m.	00
01	7 p.m.	8 p.m.	01
02	8 p.m.	9 p.m.	02
03	9 p.m.	10 p.m.	03
04	10 p.m.	11 p.m.	04
05	11 p.m.	Midnight	05
06	Midnight	1 a.m.	06
07	1 a.m.	2 a.m.	07
08	2 a.m.	3 a.m.	08
09	3 a.m.	4 a.m.	09
10	4 a.m.	5 a.m.	10
11	5 a.m.	6 a.m.	11
12	6 a.m.	7 a.m.	12
13	7 a.m.	8 a.m.	13
14	8 a.m.	9 a.m.	14
15	9 a.m.	10 a.m.	15
16	10 a.m.	11 a.m.	16
17	11 a.m.	Noon	17
18	Noon	1 p.m.	18
19	1 p.m.	2 p.m.	19
20	2 p.m.	3 p.m.	20
21	3 p.m.	4 p.m.	21
22	4 p.m.	5 p.m.	22
23	5 p.m.	6 p.m.	23

Be sure you understand what the date is.  
 For example, 00 UTC June 3 is 7 p.m. CDT **June 2**.