

Time zone	Time zone number	Time zone	Time zone number
7.5° W to 7.5 E	0	7.5° W to 22.5° W	+1
7.5° E to 22.5° E	- 1	22.5° W to 37.5° W	+2
22.5° E to 37.5° E	- 2	37.5° W to 52.5° W	+3
37.5° E to 52.5° E	- 3	52.5° W to 67.5° W	+4
52.5° E to 67.5° E	- 4	67.5° W to 82.5° W	+5
67.5° E to 82.5° E	- 5	82.5° W to 97.5° W	+6
82.5° E to 97.5° E	- 6	97.5° W to 112.5° W	+7
97.5° E to 112.5° E	- 7	112.5° W to 127.5° W	+8
112.5° E to 127.5° E	- 8	127.5° W to 142.5° W	+9
127.5° E to 142.5° E	- 9	142.5° W to 157.5° W	+10
142.5° E to 157.5° E	- 10	157.5° W to 172.5° W	+11
157.5° E to 172.5° E	- 11	172.5 W to 180° W	+12
172.5 E to 180° E	- 12		

UT = universal time

LT = local time

$UT = LT + \text{Time zone number}$

$LT = UT - \text{Time zone number}$