

SOCIAL MEDIA TIMINGS GUIDE



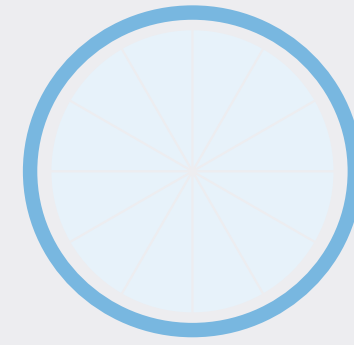
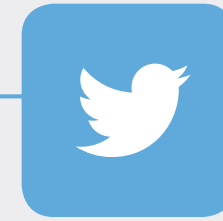
9AM



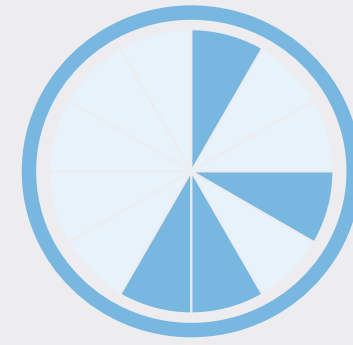
1PM AND
3PM



TUESDAYS, FRIDAYS AND THE WEEKENDS



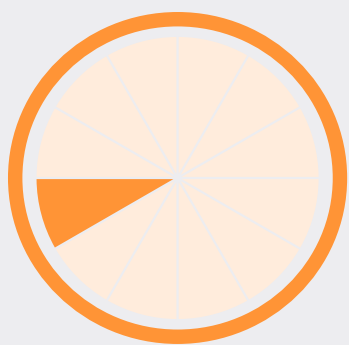
AVOID
MORNINGS



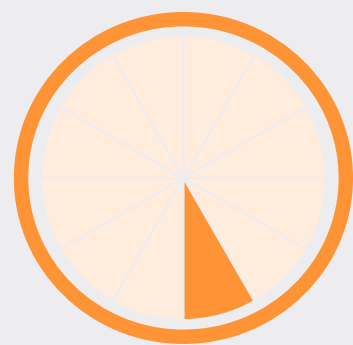
NOON, 3PM,
5PM AND 6PM



WEDNESDAYS



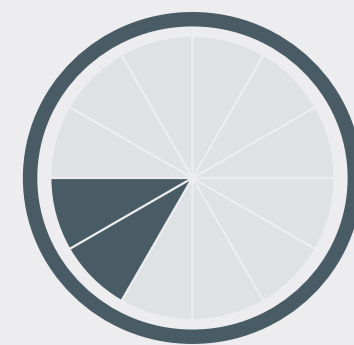
8AM



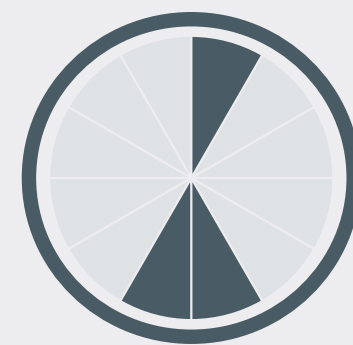
5PM



MONDAYS AND THURSDAYS



7AM AND
8AM



NOON, 5PM
AND 6PM



TUESDAYS, WEDNESDAYS AND THURSDAYS