

TIME	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
07.00 to 08.00	#EarlyBiz	#EarlyBiz	#EarlyBiz	#EarlyBiz	#EarlyBiz		
08.00 to 9.00						#SatChatUK	
09.00 to 10.00							
10.00 to 11.00					#ClevelandHour #ConnectFriday		
11.00 to 12.00					#NewcastleHour #YorkBizHour		
12.00 to 13.00	#UKBizLunch #BoltonHour	#UKBizLunch	#UKBizLunch	#UKBizLunch	#UKBizLunch		
13.00 to 14.00	#1pmlunch	#1pmlunch	#1pmlunch	#1pmlunch	#1pmlunch		
14.00 to 15.00	#BizHour #SouthWestHour	#NorthEastHour #BizHour	#BizHour #NewcastleHour #TeesTime #EssexHour #BusinessSupportHour	#BizHour	#BizHour		
15.00 to 16.00	#B2BHour	#B2BHour	#B2BHour #TraffordHour #VolunteerHour	#B2BHour #LancsWedHour	#B2BHour		
16.00 to 17.00					#GBhour		
17.00 to 18.00							#SBS *

18.00 to 19.00	#WineOClock	#WineOClock	#WineOClock	#WineOClock	#WineOClock		#SBS *
19.00 to 20.00	#IlkleyHour #CumbriaHour	#WhitbyHour #TraffordHour #FashionHour	#LincolnHour #CornwallHour (7.30-8.30pm) #handmadehour (7.30-9.30pm)	#TraffordHour #Time2Pitch (7.30-8.30pm)	#ELancsHour #NorthWestHour		
20.00 to 21.00	#weddingplanninghour #BrandYorkshire #HarrogateHour #CheshireHour #NorthEastHour #ConnectingEssex #VintageWedHour #Creativebizhour #horsehour #StHelensHour #LincsHour #buyonlinehour (8.30-9.30pm) #MondayMadness (8.30-9.30pm) #UKBChour (8.30-9.30pm)	#FBlikehour #CalderdaleHour #DiscoverRipon #WetherbyHour #DoncasterHour #HampshireHour #WestMidsHour #WestMidlandsHour #MerseyBiz #WiganHour #UKEtsyHour 8.30-9.30pm : #SouthEastHour #KentHour #MallowMummies #WiltshireHour #Stirlinghour	#YorkshireHour #StaffordshireHour #NorthWestHour #EastMidlandsHour #ShropshireHour #CambsHour #OxHour #HorshamHour #MidlandsHour #ColneValleyHour #woofwoofwednesday #BBBizhr #DevonHour #PerthshireHour #SalisburyHour #BuyBritishBrands (8.30-9.30pm) #WedChat (8.30pm-9.30pm)	#barnsleyhour #HuddersfieldHour #LeedsHour #NorthantsHour #BradfordHour #WakefieldHour #SheffieldHour #ManchesterHour #KirkleesHour #londonbizhour #SouthWestHour #SomersetHour #LancashireHour #EastAngliaHour #DerbyshireHour #NottsNatter #SunderlandHour #YorkHour #HullHour #BlackpoolHour #trafhour 8.30-9.30pm: #SussexHour #TwitterSisters			#HolmfirthHour #WalesHour
21.00 to 22.00	#TwitterBorthers #UKLateHour	#SmallBizHour #ChickenHour #UKLateHour	#WeddingHour #ScotlandHour #UKLateHour	#MumPrenuerHour #UKLateHour	#UKLateHour		#EnglandHour
22.00 to 23.00							
	#FPSBS #BiziTalk						
	* (Tweet a short bio of your business to @TheoPaphitis with #SBS and he will RT his favourite 6)						