Amount of Synchonous Office Time Across the USA

Current Four Major Time Zones

Coffee or Lunch Break	
One TZ working	2hr30min
Two TZs working	2hr45min
Three TZs working	4hr45min
All 4 TZs working	45min

Proposed Three New Time Zones

Coffee or Lunch Break	
One TZ working	2hr45min
Two TZs working	4hr45min
All 3 TZs working	2hr15min

	Current Time Zones				Proposed Time Zones		
Eastern Time	Eastern	Central	Mountain	Pacific	Eastern	Central	Western
7:15							
7:30							
7:45							
8:00							
8:15							
8:30	work				work		
8:45	work				work		
9:00	work				work		
9:15	work				work		
9:30	work	work			work	work	
9:45	work	work			work	work	
10:00	break	work			break	work	
10:15	work	work			work	work	
10:30	work	work	work		work	work	work
10:45	work	work	work		work	work	work
11:00	work	break	work		work	break	work
11:15	work	work	work		work	work	work
11:30	work	work	work	work	work	work	work
11:45	work	work	work	work	work	work	work
12:00	lunch	work	break	work	lunch	work	break
12:15	lunch	work	work	work	lunch	work	work
12:30	lunch	work	work	work	lunch	work	work
12:45	lunch	work	work	work	lunch	work	work
13:00	work	lunch	work	break	work	lunch	work
13:15	work	lunch	work	work	work	lunch	work
13:30	work	lunch	work	work	work	lunch	work
13:45	work	lunch	work	work	work	lunch	work
14:00	work	work	lunch	work	work	work	lunch
14:15	work	work	lunch	work	work	work	lunch
14:30	work	work	lunch	work	work	work	lunch
14:45	work	work	lunch	work	work	work	lunch
15:00	break	work	work	lunch	break	work	work
15:15	work	work	work	lunch	work	work	work
15:30	work	work	work	lunch	work	work	work
15:45	work	work	work	lunch	work	work	work
16:00	work	break	work	work	work	break	work
16:15	work	work	work	work	work	work	work
16:30		work	work	work		work	work
16:45		work	work	work		work	work
17:00		work	break	work		work	break
17:15		work	work	work		work	work
17:30			work	work			work
17:45			work	work			work
18:00			work	break			work
18:15			work	work			work
18:30				work			
18:45				work			
19:00				work			
19:15				work			