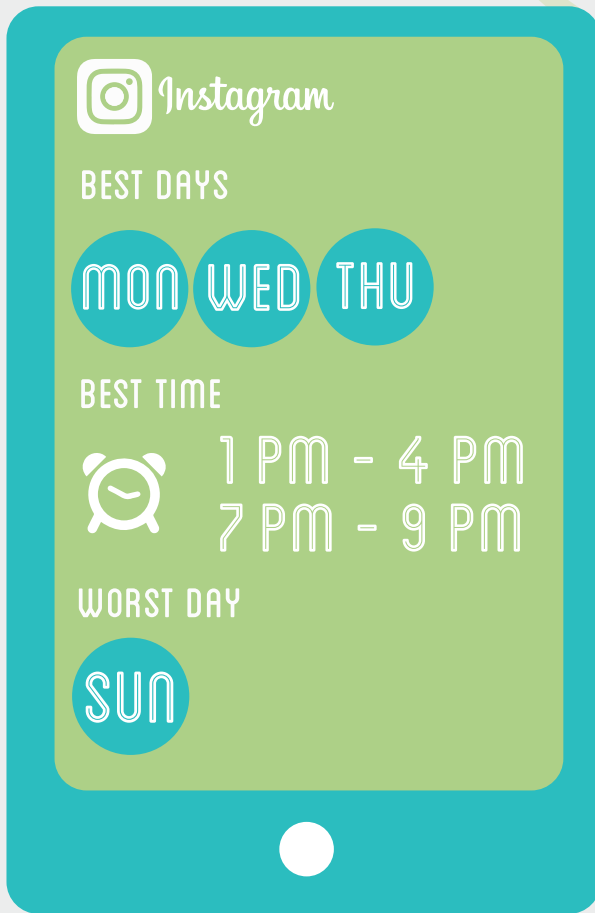



# BEST TIMES TO POST ON SOCIAL MEDIA




 **Instagram**

BEST DAYS

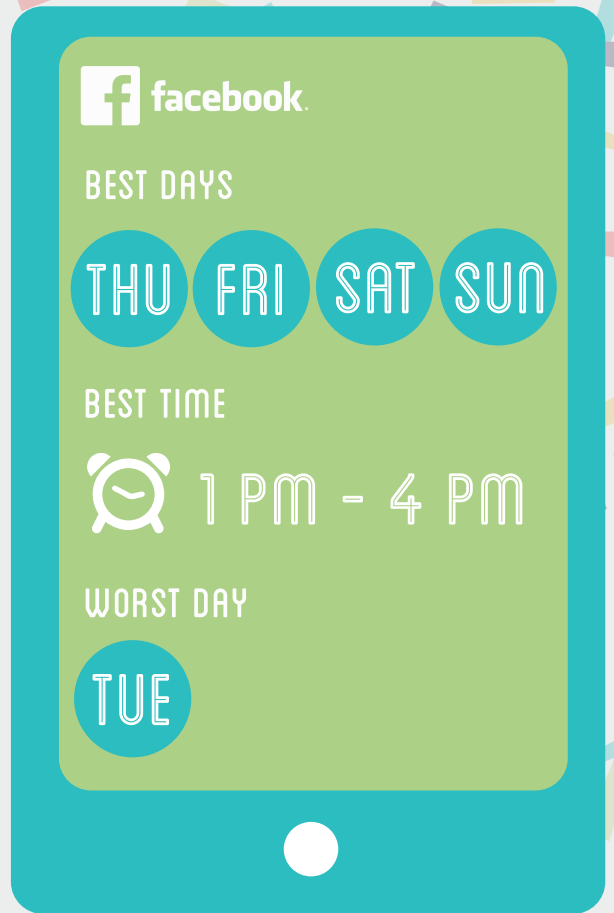
MON WED THU

BEST TIME

 1 PM - 4 PM  
7 PM - 9 PM

WORST DAY

SUN




 **facebook.**

BEST DAYS

THU FRI SAT SUN

BEST TIME

 1 PM - 4 PM

WORST DAY

TUE



 **twitter**

BEST DAYS

MON TUE WED THU

BEST TIME

 12 PM - 1 PM

WORST DAYS

SAT SUN




**Linked in**

BEST DAYS

TUE WED THU

BEST TIME

 10 AM - 11 AM

WORST DAYS

SAT SUN