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Time expressions

I get up	at 6:00	in the morning	on weekdays.
I go to bed	around ten	in the evening	on weeknights.
I leave work	early	in the afternoon	on weekends.
I get home	late	at night	on Fridays.
I stay up	until midnight	on Saturdays.	
I exercise	before noon	on Saturdays.	
I wake up	after noon	on Sundays.	

Expressing clock time

6:00
six
six o'clock
6:00 A.M. = 6:00 in the morning
6:00 P.M. = 6:00 in the evening

A Circle the correct words.

- I get up at / until six at / on weekdays.
- I have lunch at / early 11:30 in / on Mondays.
- I have a little snack in / around 10:00 in / at night.
- In / On Fridays, I leave school early / before.
- I stay up before / until 1:00 A.M. in / on weekends.
- I sleep until / around noon in / on Sundays.



2 Time expressions

- ▶ Use *in* with *the morning/afternoon/evening*. Use *at* with *night*: He goes to school **in** the afternoon and works **at** night. BUT: **on** Friday night.
- ▶ Use *at* with clock times: She gets up **at** 7:00.
- ▶ Use *on* with days: He gets up early **on** weekdays. She has class **on** Mondays.

Complete the conversation with time expressions from the box. You can use some words more than once.

at early in on until

- A: How's your new job?
 B: I love it, but the hours are difficult. I start workat..... 7:30 A.M., and I workuntil..... 3:30.
 A: That's interesting! I work the same hours, but I workon..... night. I startat..... 7:30in..... the evening and finishat..... 3:30in..... the morning.
 B: Wow! What time do you get up?
 A: Well, I get homeat..... 4:30 and go to bedat..... 5:30. And I sleepat..... 2:00. But I only workon..... weekends, so it's OK. What about you?
 B: Oh, I workon..... Monday, Wednesday, and Friday. And I get upearly..... - around 6:00 A.M.

