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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.



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 work **at** 7:30 A.M., and I work **until** 3:30.

A: That's interesting! I work the same hours, but I work **in** night. I start **at** 7:30 **in** the evening and finish **until** 3:30 **early** the morning.

B: Wow! What time do you get up?

A: Well, I get home **at** 4:30 and go to bed **at** 5:30. And I sleep **until** 2:00. But I only work **on** weekends, so it's OK. What about you?

B: Oh, I work **on** Monday, Wednesday, and Friday. And I get up **early** - around 6:00 A.M.