



THE BEST TIMES TO POST ON SOCIAL MEDIA

FACEBOOK



**Friday and Saturday
2.00-3.00pm**

The closer the weekend comes about the more people check out and check in to Facebook.

INSTAGRAM



**Monday to Sunday
6.00-7.00 pm**

This is mainly due to companies posting during this time and stirring interaction.

PINTEREST



**Saturday
8:00-11:00pm**

People have more time to sit back, relax & pin.

TWITTER



**Monday-Friday
12:00-6:00pm**

Click-through rates are higher during weekdays and work hours.