

BEST TIMES TO POST ON SOCIAL NETWORKS

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Social Media

Facebook



Thursday and Friday
1:00 - 3:00 PM

As the weekend comes closer people are more likely to spend time checking out their news feeds.



Instagram



Monday
3:00 - 4:00 PM

Many companies choose to post on Instagram at this time causing a flurry of activity and helping your brand reach more people.



Pinterest



Saturday
8:00 - 11:00 PM

Saturday brings with it more free time - to sit and pin your favourite pictures from the week.



Twitter



Monday to Friday
12:00 - 6:00 PM

Click-through rates are higher during work hours, so post as you work to boost engagement



LinkedIn



Tuesday, Wednesday and Thursday

The most networking is done before and after work mid-week.



7:00 - 9:00 AM



5:00 - 7:00 PM