Abu Dhabi Grand Prix 2026 Weekend Times

Race Sun., Dec. 6, 2026 at 5 p.m. GST, 8 a.m. ET

SESSION	GST / ET / PT / UK (GMT) / CET	DONE
Fri., Dec. 4 · Practice 1	1:30 p.m. GST / 4:30 a.m. ET / 1:30 a.m. PT / 9:30 a.m. GMT / 10:30 a.m. CET	☐
Fri., Dec. 4 · Practice 2	5 p.m. GST / 8 a.m. ET / 5 a.m. PT / 1 p.m. GMT / 2 p.m. CET	☐
Sat., Dec. 5 · Practice 3	2:30 p.m. GST / 5:30 a.m. ET / 2:30 a.m. PT / 10:30 a.m. GMT / 11:30 a.m. CET	☐
Sat., Dec. 5 · Qualifying	6 p.m. GST / 9 a.m. ET / 6 a.m. PT / 2 p.m. GMT / 3 p.m. CET	☐
Sun., Dec. 6 · Race	5 p.m. GST / 8 a.m. ET / 5 a.m. PT / 1 p.m. GMT / 2 p.m. CET	☐

My notes

Source: Formula 1 official timetable (formula1.com); times converted by Fresh Calendars.