Prepositions of Time

in

on

in the morning in the afternoon in the evening in January (months) in the spring (seasons) in 2019 (years) in the 1970s (decades)

on Saturday morning on Sunday afternoon on Monday evening on January 1 on *holiday** on the weekend on the phone





Technology isn't exactly a preposition of time.

at 7:15 pm at sunrise at night at midnight

^{*} English has exceptions to rules. Sometimes you can say at Christmas...