AT + ...

CLOCK TIME ... at 7.00pm / noon / midnight / the same time...

SPECIAL HOLIDAY PERIODS / FESTIVALS ...

at Christmas / Easter / Carnival...

WEEKENDS... at the weekend ...

THIS/THAT MOMENT... at the moment...

NIGHT TIME . . . at night.

ON + ...

A PARTICULAR DAY . . . on Monday / Saturday / holiday ...

on October 12th / your birthday...

on Christmas Day / New Year's Eve...

PART OF A PARTICULAR DAY . . .

on a Sunday morning / Friday evening...

WEEKEND (American English!)

on the weekend (AmE)

IN + ...

PARTS OF A DAY ... in the morning / afternoon / evening;

LONGER PERIODS:

- Months . . . in December / January ...

- Seasons . . . in spring/summer/autumn/winter;

- Years . . . in 1995 / 2020...

- Decades . . . in the 50s / sixties ...

- Centuries . . . in the 21st Century ...

- Other time expressions:

in the Middle Ages...

in the past / future / meantime...

in two hours/days/weeks/months/years...