

# TIMES ARE GMT

*Australia Ahead One Hour*

Instrument Type	Instrument Name	Trading hours**	Break Time**	Previous Session Times	
INDICES	US30	Sun 22.00 – Fri 20.15	Daily from 20.15 until 20.30	Sun 22.00 – Fri 20.15	Daily from 20.15 until 20.30
INDICES	SPX500	Sun 22.00 – Fri 20.15	Daily from 20.15 until 20.30	Sun 22.00 – Fri 20.15	Daily from 20.15 until 20.30
INDICES	NAS100	Sun 22.00 – Fri 20.15	Daily from 20.15 until 20.30	Sun 22.00 – Fri 20.15	Daily from 20.15 until 20.30
INDICES	UK100	Daily 06.00 – 20.00	None	Daily 06.00 – 20.00	None
INDICES	GER30	Daily 06.00-20.00	None	Daily 06.00- 20.00	None
INDICES	ITA40	Daily 07.00 – 15.40	None	Daily 07.00 – 15.40	None
INDICES	ESP35	Daily 07.00 – 15.30	None	Daily 07.00 – 15.30	None
INDICES	FRA40	Daily 06.00 – 20.00	None	Daily 06.00 – 20.00	None
INDICES	HKG33	Daily 01.15 – 08.15	Daily 04.00 - 05.00	Daily 01.15 – 08.15	Daily 04.00 - 05.00
INDICES	JPN225	Daily 23.00 - 20.15	Daily from 20.15 until 23.00	Daily 23.00 - 20.15	Daily from 20.15 until 23.00
INDICES	SUi20	Daily 06.00-15.25	None	Daily 06.00- 15.25	None
INDICES	AUS200	Daily 22.50 – 20.00	05.30 – 06.10	Daily 23.50 – 21.00 (Fri 20.45)	Daily 06.30 – 07.10
INDICES	EUSTX50	Daily 06.00-20.00	None	Daily 06.00- 20.00	None
Energy	USOil	Sun 22.00 – Fri 20.45	Daily from 21.15 until 22.00	Sun 22.00 – Fri 20.45	Daily from 21.15 until 22.00
Energy	UKOil	Mon 00.00 – Fri 20.45	Daily from 21.15 until 00.00	Mon 00.00 – Fri 20.45	Daily from 21.15 until 00.00
Energy	NGAS	Sun 22.00 – Fri 20.45	Daily from 21.15 until 22.00	Sun 22.00 – Fri 20.45	Daily from 21.15 until 22.00
Metals	XAU/USD	Sun 22.00 - Fri 20.45	Daily 21.00 until 22.00	Sun 22.00 - Fri 20.45	Daily 21.00 until 22.00
Metals	XAG/USD	Sun 22.00 - Fri 20.45	Daily 21.00 until 22.00	Sun 22.00 - Fri 20.45	Daily 21.00 until 22.00

<b>Metals</b>	<b>XPD/USD</b>	<b>Sun 22.00 - Fri 20.45</b>	<b>Daily 21.00 until 22.00</b>	<b>Sun 22.00 - Fri 20.45</b>	<b>Daily 21.00 until 22.00</b>
<b>Metals</b>	<b>XPT/USD</b>	<b>Sun 22.00 - Fri 20.45</b>	<b>Daily 21.00 until 22.00</b>	<b>Sun 22.00 - Fri 20.45</b>	<b>Daily 21.00 until 22.00</b>
<b>Metals</b>	<b>Copper</b>	<b>Sun 22.00 - Fri 20.45</b>	<b>Daily 21.00 until 22.00</b>	<b>Sun 22.00 - Fri 20.45</b>	<b>Daily 21.00 until 22.00</b>
<b>Treasury</b>	<b>BUND</b>	<b>Daily 06.00 – 20.00</b>	<b>None</b>	<b>Daily 06.00 – 20.00</b>	<b>None</b>