

TIMES ARE GMT

Europe Back 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 07.00 – 21.00 | None | Daily 06.00 – 20.00 | None |
| INDICES | GER30 | Daily 07.00- 21.00 | None | Daily 06.00- 20.00 | None |
| INDICES | ITA40 | Daily 08.00 – 16.40 | None | Daily 07.00 – 15.40 | None |
| INDICES | ESP35 | Daily 08.00 – 16.30 | None | Daily 07.00 – 15.30 | None |
| INDICES | FRA40 | Daily 07.00 – 21.00 | 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 07.00- 16.25 | None | Daily 06.00- 15.25 | None |
| INDICES | AUS200 | Daily 22.50 – 20.00 | 05.30 – 06.10 | Daily 22.50 – 20.00 | 05.30 – 06.10 |
| INDICES | EUSTX50 | Daily 07.00- 21.00 | 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 |
| Metals | XPD/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 | XPT/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 | Copper | Sun 22.00 - Fri 20.45 | Daily 21.00 until 22.00 | Sun 22.00 - Fri 20.45 | Daily 21.00 until 22.00 |
| Treasury | BUND | Daily 07.00 – 21.00 | None | Daily 06.00- 20.00 | None |

Note: UK100, GER30, FRA40, EUSTX50 and BUND will all close at 20:45 on Fridays