

TIMES ARE GMT

US Back One Hour

Instrument Type	Instrument Name	Trading hours**	Break Time**	Previous Session Times	
INDICES	US30	Sun 23.00 – Fri 21.15	(daily from 21.15 until 21.30)	Sun 22.00 – Fri 20.15	Daily from 20.15 until 20.30
INDICES	SPX500	Sun 23.00 – Fri 21.15	(daily from 21.15 until 21.30)	Sun 22.00 – Fri 20.15	Daily from 20.15 until 20.30
INDICES	NAS100	Sun 23.00 – Fri 21.15	(daily from 21.15 until 21.30)	Sun 22.00 – Fri 20.15	Daily from 20.15 until 20.30
INDICES	UK100	Daily 07.00 – 21.00	None	Daily 07.00 – 21.00	None
INDICES	GER30	Daily 07.00- 21.00	None	Daily 07.00- 21.00	None
INDICES	ITA40	Daily 08.00 – 16.40	None	Daily 08.00 – 16.40	None
INDICES	ESP35	Daily 08.00 – 16.30	None	Daily 08.00 – 16.30	None
INDICES	FRA40	Daily 07.00 – 21.00	None	Daily 07.00 – 21.00	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	Mon 00.00 – Fri 21.15	(daily from 21.15 until 00.00)	Daily 23.00 - 20.15	Daily from 20.15 until 23.00
INDICES	SUI20	Daily 07.00- 16.25	None	Daily 07.00- 16.25	None
INDICES	AUS200	Daily 22.50 – 21.00	05.30 – 06.10	Daily 22.50 – 20.00	05.30 – 06.10
INDICES	EUSTX50	Daily 07.00- 21.00	None	Daily 07.00- 21.00	None
Energy	USOil	Sun 23.00 - Fri 21.45	daily from 22.15 until 23.00	Sun 22.00 – Fri 20.45	Daily from 21.15 until 22.00
Energy	UKOil	Mon 01.00 – Fri 21.45	Daily from 22.15 until 01.00	Mon 00.00 – Fri 20.45	Daily from 21.15 until 00.00
Energy	NGAS	Sun 23.00 – Fri 21.45	Daily from 22.15 until 23.00	Sun 22.00 – Fri 20.45	Daily from 21.15 until 22.00
Metals	XAU/USD	Sun 23.00 - Fri 21.45	Daily 22.00 until 23.00	Sun 22.00 - Fri 20.45	Daily 21.00 until 22.00
Metals	XAG/USD	Sun 23.00 - Fri 21.45	Daily 22.00 until 23.00	Sun 22.00 - Fri 20.45	Daily 21.00 until 22.00
Metals	XPD/USD	Sun 23.00 - Fri 21.45	Daily 22.00 until 23.00	Sun 22.00 - Fri 20.45	Daily 21.00 until 22.00
Metals	XPT/USD	Sun 23.00 - Fri 21.45	Daily 22.00 until 23.00	Sun 22.00 - Fri 20.45	Daily 21.00 until 22.00
Metals	Copper	Sun 23.00 - Fri 21.45	Daily 22.00 until 23.00	Sun 22.00 - Fri 20.45	Daily 21.00 until 22.00
Treasury	BUND	Daily 07.00 – 21.00	None	Daily 07.00 – 21.00	None