

# LMAX Trading Hour Schedule due to the end of Daylight Saving Time

Please find below LMAX trading hour adjustments for the one week period following the time change in the UK from BST to GMT on 27 October 2019 and the subsequent time change in the US from EDT to EST on 3 November 2019

## Sunday 27 October 2019 to Friday 1 November 2019

	GMT	EDT
<b>FX</b>		
All FX Instruments	21:05 Sun – 21:00 Fri (except 21:00 – 21:05 daily)	17:05 Sun – 17:00 Fri (except 17:00 – 17:05 daily)
*RUB pairs	07:00 – 21:00 (Mon – Fri)	03:00 – 17:00 (Mon – Fri)
<b>Bullion</b>		
Gold	22:00 Sun – 21:00 Fri (except 21:00 – 22:00 daily)	18:00 Sun – 17:00 Fri (except 17:00 – 18:00 daily)
Silver	22:00 Sun – 21:00 Fri (except 21:00 – 22:00 daily)	18:00 Sun – 17:00 Fri (except 17:00 – 18:00 daily)
<b>Indices</b>		
Australia 200	22:00 Sun – 21:00 Fri (except 21:00 – 22:00 daily)	18:00 Sun – 17:00 Fri (except 17:00 – 18:00 daily)
Europe 50	22:00 Sun – 21:00 Fri (except 21:00 – 22:00 daily)	18:00 Sun – 17:00 Fri (except 17:00 – 18:00 daily)
France 40	22:00 Sun – 21:00 Fri (except 21:00 – 22:00 daily)	18:00 Sun – 17:00 Fri (except 17:00 – 18:00 daily)
Germany 30 & (Mini)	00:30 – 21:00 (Mon – Fri)	20:30 Sun – 17:00 Fri (except 17:00 – 20:30 daily)
Hong Kong 50	01:15 – 18:45 (Mon – Fri)	21:15 Sun – 14:45 Fri (except 14:45 – 21:15 daily)
Japan 225	22:00 Sun – 21:00 Fri (except 21:00 – 22:00 daily)	18:00 Sun – 17:00 Fri (except 17:00 – 18:00 daily)
Spain 35	07:00 – 19:00 (Mon – Fri)	03:00 – 15:00 (Mon – Fri)
UK 100	22:00 Sun – 21:00 Fri (except 21:00 – 22:00 daily)	18:00 Sun – 17:00 Fri (except 17:00 – 18:00 daily)
US SPX 500 & (Mini)	22:00 Sun – 21:00 Fri (except 21:00 – 22:00 daily)	18:00 Sun – 17:00 Fri (except 17:00 – 18:00 daily)
US Tech 100 & (Mini)	22:00 Sun – 21:00 Fri (except 21:00 – 22:00 daily)	18:00 Sun – 17:00 Fri (except 17:00 – 18:00 daily)

Wall Street 30 & (Mini)

22:00 Sun – 21:00 Fri  
(except 21:00 – 22:00 daily)

18:00 Sun – 17:00 Fri  
(except 17:00 – 18:00 daily)

**Trading hours will follow the GMT schedule from Sunday 3 November 2019 which can be found on the website**

**Please note the hours above are subject to change.**

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