

LMAX Trading Hour Schedule for the start of Daylight Saving Time

Please find below LMAX trading hour adjustments for the three week period following the change in the US from EST to EDT on 8 March 2020 and the subsequent change in the UK from GMT to BST on 29 March 2020.

Sunday 8 March 2020 to Saturday 28 March 2020

	GMT	EDT
FX		
FX	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)

Bullion		
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)

Indices		
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	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	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	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	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 BST schedule from Sunday 29th March 2020

Please note the hours above are subject to change, confirmation of special schedules for holidays and other events will be announced as each date approaches.

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