

LMAX Trading Hours 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 25 October 2020 and the subsequent time change in the US from EDT to EST on 1 November 2020.

Sunday 25 October 2020 and Friday 30 October 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)

	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)

Please note the hours above are subject to change.

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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 GMT schedule from Sunday 1 November 2020 which can be found on the website. Please see [here](#).

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