

## GMT trading hours schedule

These hours apply between Sunday 1 November 2020 and Friday 12 March 2021

All times are UK (GMT) time

FX	
FX	22:05 Sun – 22:00 Fri (except 22:00 – 22:05 daily)
Bullion	
Gold	23:00 Sun – 22:00 Fri (except 22:00 – 23:00 daily)
Silver	23:00 Sun – 22:00 Fri (except 22:00 – 23:00 daily)
Indices	
Australia 200	23:00 Sun – 22:00 Fri (except 22:00 – 23:00 daily)
Europe 50	23:00 Sun – 22:00 Fri (except 22:00 – 23:00 daily)
France 40	23:00 Sun – 22:00 Fri (except 22:00 – 23:00 daily)
Germany 30	00:30 – 21:00 (Mon – Fri)
Hong Kong 50	01:15 – 18:45 (Mon – Fri)
Japan 225	23:00 Sun – 22:00 Fri (except 22:00 – 23:00 daily)
Spain 35	07:00 – 19:00 (Mon – Fri)
UK 100	23:00 Sun – 22:00 Fri (except 22:00 – 23:00 daily)
US SPX 500	23:00 Sun – 22:00 Fri (except 22:00 – 23:00 daily)
US Tech 100	23:00 Sun – 22:00 Fri (except 22:00 – 23:00 daily)
Wall Street 30	23:00 Sun – 22:00 Fri (except 22:00 – 23:00 daily)

Please note the hours above are subject to change.

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