

BST - Trading Hours Schedule

To view the full year schedule, [click here](#).

These hours apply between Sunday 30 March 2025 to Saturday 25 October 2025.

Products affected	Trading hours
FX	22:05 Sun – 22:00 Fri (except 22:00 – 22:05 daily)
Gold, Silver, US Crude, US Natural Gas, XPT, XPD	23:00 Sun – 22:00 Fri (except 22:00 - 23:00 daily)
UK Brent	01:00 – 22:00 (Mon - Fri)
Australia 200	23:00 Sun – 22:00 Fri (except 22:00 - 23:00 daily)
China A50, China H Shares, Europe 50, France 40, Germany 30, Hong Kong 50, Japan 225, Netherlands 25, Singapore 20, Switzerland Blue Chip, Taiwan RIC Capped, UK 100, US SPX 500, US Tech 100, Wall Street 30	23:00 Sun – 22:00 Fri (except 22:00 -23:00 daily)
Spain 35	07:00 – 19:00 (Mon - Fri)
Aluminium, Copper, Lead, Zinc, Nickel	01:00 – 19:00 (Mon - Fri)
Crypto	22:05 – 22:00 (except 22:00 – 22:05 and 10:00 – 17:00 on Saturday)

Please note the hours above are subject to change.

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