

## DST - Trading Hours Schedule

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

Please find below LMAX Global trading hour adjustments for the three-week period following the change in the US from EST to EDT on 9th March 2025 and the subsequent change in the UK from GMT to BST on 31st March 2025.

Products affected	Trading hours (GMT)	Trading hours (EDT)
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)
Gold, Silver, US Crude, US Natural Gas, XPD, XPT	22:00 Sun – 21:00 Fri (except 21:00 - 22:00 daily)	18:00 Sun – 17:00 Fri (except 17:00 – 18:00 daily)
UK Brent	00:00 – 21:00 (Mon – Fri)	20:00 Sun – 17:00 Fri (except 17:00 – 20:00 daily)
Aluminium, Copper, Lead, Zinc, Nickel	01:00 – 19:00 (Mon – Fri)	21:00 Sun - 15:00 Fri (except 15:00 – 21:00 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 , 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)
Spain 35	07:00 – 19:00 (Mon – Fri)	03:00 – 15:00 (Mon – Fri)
Crypto	21:05 Sun – 21:00 Sat (except 21:00 – 21:05 daily and 10:00 – 17:00 on Saturday)	17:05 Sun – 17:00 Sat (except 17:00 – 17:05 daily and 06:00 – 13:00 on Saturday)

Please note the hours above are subject to change.

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