



## Lesson: Trading Times

# Trading Times



# Sydney Market



TIME: 9:00pm - 6:00am GMT  
5:00pm - 1:00pm EST

PAIRS: AUD & NZD

# Sydney Market



TIME: 11:00pm - 8:00am GMT  
7:00pm - 4:00am EST

PAIRS: JPY (YEN)



# London Market



TIME: 7:00am - 4:00pm GMT  
3:00am - 11:00pm EST

PAIRS: EUR/USD, GBP/USD, USD/JPY, & USD/CHF

# New York Market



TIME: 12:00pm - 8:00am GMT  
9:00am - 5:00pm EST

PAIRS: USD & CAD

# When Is The Best Time To Trade?



- The middle of the week is where most of the action happens
- Friday turns into a 1/2 day because it's busy from 12:00 -5:00 EST.
- Look for the busiest times! Busy means high volatility trends, which means more opportunity!



# When NOT To Trade



- Sundays: People are taking a break & living their lives!
- Fridays: Liquidity goes down during the U.S. Session
- Major News Events: The market can unexpectedly move!
- Holidays: Everybody but Santa takes a break