"Overview XML files" at page 9 of the XML files documentation.

Quote: "The daily updated XML files are actualised at 4:30 a.m. CET, the weekly updates are actualised each Friday at 2:00 a.m. CET

Downloading is possible at each time, but the user is advised not to do it before the mentioned times, but immediately on or after that time, so that one always has the most current version."

The Available XML (with the prices and availability) is updated daily, all other XML files are updated weekly.