

US DST Changes - GMT (UTC +0)		Trading Hours, Before Sunday 9th March 2025				Trading Hours, After Sunday 9th March 2025			
Asset Class	Instrument/s	Sunday	Monday to Thursday	Friday	Saturday	Sunday	Monday to Thursday	Friday	Saturday
Forex	All <i>Major, Minor, Exotic, Micro</i>	22:05 - 24:00	00:00 - 22:00, 22:05 - 24:00	00:00 - 21:55	Closed	21:05 - 24:00	00:00 - 21:00, 21:05 - 24:00	00:00 - 20:55	Closed
Zero Spread Forex	<i>Major, Minor</i>	22:30 - 24:00	00:00 - 21:55, 22:30 - 24:00	00:00 - 21:45	Closed	21:30 - 24:00	00:00 - 20:55, 21:30 - 24:00	00:00 - 20:45	Closed
Equities US & Zero Spread Equities US	All	Closed	14:30 - 21:00	14:30 - 21:00	Closed	Closed	13:30 - 20:00	13:30 - 20:00	Closed
ETFs US	All	Closed	14:35 - 21:00	14:35 - 21:00	Closed	Closed	13:35 - 20:00	13:35 - 20:00	Closed
Soft Commodities	CoffeeRobu	Closed	09:00 - 17:30	09:00 - 17:30	Closed	Closed	09:00 - 16:30	09:00 - 16:30	Closed
Soft Commodities	CoffeeArab	Closed	09:15 - 18:30	09:15 - 18:30	Closed	Closed	09:15 - 17:30	09:15 - 17:30	Closed
Soft Commodities	Cocoa	Closed	09:45 - 18:30	09:45 - 18:30	Closed	Closed	09:45 - 17:30	09:45 - 17:30	Closed
Soft Commodities	Sugar	Closed	08:30 - 18:00	08:30 - 18:00	Closed	Closed	08:30 - 17:00	08:30 - 17:00	Closed
Soft Commodities	Cotton	Closed	02:00 - 19:20	02:00 - 19:20	Closed	Closed	01:00 - 18:20	01:00 - 18:20	Closed
Metals	XAU, XAG, XPD, XPT	23:05 - 24:00	00:00 - 22:00, 23:00 - 24:00	00:00 - 21:45	Closed	22:05 - 24:00	00:00 - 21:00, 22:00 - 24:00	00:00 - 20:45	Closed
Zero Spread Metals	XAU, XAG, XPD, XPT	23:15 - 24:00	00:00 - 21:50, 23:10 - 24:00	00:00 - 21:30	Closed	22:15 - 24:00	00:00 - 20:50, 22:10 - 24:00	00:00 - 20:30	Closed
Energies	US Oil	23:00 - 24:00	00:00 - 22:00, 23:00 - 24:00	00:00 - 22:00	Closed	22:00 - 24:00	00:00 - 21:00, 22:00 - 24:00	00:00 - 21:00	Closed
Zero Spread Energies	US Oil	23:15 - 24:00	00:00 - 21:15, 23:10 - 24:00	00:00 - 21:30	Closed	22:15 - 24:00	00:00 - 20:50, 22:10 - 24:00	00:00 - 20:45	Closed
Energies	UK Brent Oil	Closed	01:00 - 22:00	01:00 - 22:00	Closed	Closed	00:00 - 21:00	00:00 - 21:00	Closed
Zero Spread Energies	UK Brent Oil	Closed	01:10 - 21:50	01:10 - 21:50	Closed	Closed	00:10 - 20:50	00:10 - 20:50	Closed
Energies	NGAS	23:05 - 24:00	00:00 - 21:55, 23:05 - 24:00	00:00 - 21:55	Closed	22:05 - 24:00	00:00 - 20:55, 22:05 - 24:00	00:00 - 20:55	Closed
Stock Indices	Australia 200 China 50 China H Shares Europe 50 France 40 Germany 40 Hong Kong 50 Japan 225 Netherlands 25 Singapore 20 Swiss 20 Taiwan Index UK 100 US SP 500 US Small Cap 2000 US Tech 100 Wall Street 30	23:00 - 24:00	00:00 - 22:00, 23:00 - 24:00	00:00 - 22:00	Closed	22:00 - 24:00	00:00 - 21:00, 22:00 - 24:00	00:00 - 21:00	Closed
Stock Indices	US Mid Cap 400	23:05 - 24:00	00:00 - 22:00, 23:05 - 24:00	00:00 - 22:00	Closed	22:05 - 24:00	00:00 - 21:00, 22:05 - 24:00	00:00 - 21:00	Closed
DFX Indices & Zero Spread DFX Indices	All	Closed	00:00 - 22:00, 22:05 - 24:00	00:00 - 21:55	Closed	Closed	00:00 - 21:00, 21:05 - 24:00	00:00 - 20:55	Closed
Gold Basket & Zero Spread Basket Indices	All	Closed	00:00 - 22:00, 23:00 - 24:00	00:00 - 20:55	Closed	Closed	00:00 - 21:00, 22:00 - 24:00	00:00 - 19:55	Closed