

1. Trading commences each Sunday at **22:05** GMT and closes on Friday at **21:55** GMT.

Commodities

Instrument	Trading Hours (GMT)
Copper	23:00 - 24:00, 00:00-21:59
XAUUSD	23:00 - 24:00, 00:00-21:59
Platinum/XPTUSD	23:00 - 24:00, 00:00-21:59
Palladium/XPDUSD	23:00 - 24:00, 00:00-21:59
XAGUSD	23:00 - 24:00, 00:00-21:59
Cocoa	09:46 - 18:29
Coffee	09:16 - 18:29
Cotton	02:05 - 19:15
Sugar	08:31 - 17:59
Corn	01:05 - 13:40, 14:35 - 19:10
Soybeans	01:05 - 13:40, 14:35 - 19:10
Wheat	01:05 - 13:40, 14:35 - 19:10
Brent Oil (Sunday)	23:00 - 00:00
Brent Oil (Monday)	00:00 - 23:00
Brent Oil (Tuesday - Thursday)	01:00 - 23:00
Brent Oil (Friday)	01:00 - 21:55
UKOil (Sunday)	23:00 - 00:00
UKOil (Monday)	00:00 - 23:00
UKOil (Tuesday - Thursday)	01:00 - 22:00
UKOil (Friday)	01:00 - 20:55
Heating Oil	00:00-21:55, 23:01-00:00
Natural Gas	00:00-21:55, 23:01-00:00
USOil	00:00-21:55, 23:01-00:00
Crude Oil	00:00-21:55, 23:01-00:00

Indices

Instrument	Trading Hours (GMT)	Friday Early Close
S&P 500 (USA500)	00:00-21:59, 23:01-24:00	-
DJ 30 (USA30)	00:00-21:59, 23:01-24:00	-
NASDAQ 100 (USTECH100)	00:00-21:59, 23:01-24:00	-
NIKKEI 225 (Japan225)	00:00-21:55, 23:05-24:00	-
RUSSEL2000 -US small cap 2000 (USA2000)	00:00-21:59, 23:01-24:00	-
VIX (VIXX)	00:00-21:10, 23:01-24:00	-
USDx (DollarIndex)	Sunday 22:00-24:00 Monday-Friday 01:00-21:59	-
CAC 40 (France40)	00:00-21:59, 23:01-24:00	21:15
DAX 30 (Germany 30)	00:00-21:59, 23:01-24:00	21:15
FTSE 100 (UK100)	00:00-21:59, 23:01-24:00	21:15

FX Pairs

Instrument	Trading Hours (GMT)	Sunday opening
ALL 24H FX	22:01 - 21:59	22:05
EUR/PLN	22:15-21:57, 22:15-24:00	-
USD/PLN	22:15-21:57, 22:15-24:00	-
CHF/PLN	22:15-21:57, 22:15-24:00	-
EUR/HUF	22:17-21:57, 22:17-24:00	-
USD/HUF	22:17-21:57, 22:17-24:00	-
USD/NOK	22:15-21:57, 22:15-24:00	-
EUR/NOK	22:15-21:57, 22:15-24:00	-
EUR/SEK	22:15-21:57, 22:15-24:00	-
USD/SEK	22:15-21:57, 22:15-24:00	-

Stocks

Instrument	Trading Hours (GMT)
US Shares	14:31 - 21:00

Cryptos

Instrument	Trading Hours (GMT)
Cryptos	24/5