

Instrument	Trading Hours (GMT)	Opening times only
Coffee C	09:16 – 17:29	
Sugar no.11	08:31 – 16:59	
Cocoa	09:46 - 17:29	

Instrument	Trading Hours (GMT)
USDRON	08:20 - 12:55
EURRON	08:20 - 12:55
GBPRON	08:20 - 12:55
EURCZK	08:17 - 15:14
USDCZK	08:17 - 15:14
USDILS	06:00 -16:00

Instrument (Platform Symbol)	Trading Hours (GMT)	No change until US DST
FRA40 & France40 (Cash + Futures)	Sunday-Thursday 22:01- 20:59 Friday 22:01 - 20:14	
DE40 & Germany40 (Cash + Futures)	Sunday-Thursday 22:00-20:59 Friday 22:00 - 20:15	
100UK & UK100 (Cash + Futures)	Sunday-Thursday 22:00 - 20:59 Friday 22:00 - 20:14	
EU50 & Europe50 (Cash + Futures)	00:16 - 19:59	
Italy 40 Futures	07:01 - 19:29	
SPA35 & Spain35 (Cash + Futures)	07:01 - 18:59	
Poland20 Futures	07:46 - 15:49	
Amsterdam25 Futures	07:00 - 20:59	
Swiss20 Futures	07:01 - 20:59	

Countries/Exchanges	Instrument	Trading Hours (GMT)
UK Shares	Shares	08:02 - 16:30
German Shares	Shares	08:02 - 16:25
French Shares	Shares	08:02 - 16:30
Dutch Shares	Shares	08:02 - 16:25
Italian Shares	Shares	08:02 - 16:20
Spanish Shares	Shares	08:00 - 16:30
Czech Shares	Shares	08:21 - 15:15
Polish Shares	Shares	08:20 - 15:44
Swedish Shares	Shares	08:20 - 16:24
Danish Shares	Shares	08:02 - 15:55
Finnish Shares	Shares	08:02 - 16:25
Norwegian Shares	Shares	08:07 - 15:15
Portuguese Shares	Shares	08:02 - 16:25
Belgian Shares	Shares	08:02 - 16:25

Instrument (Platform Symbol)	Trading Hours (GMT)
GER10YBond	01:16 - 20:59
Gilt10Y	08:10 - 18:00