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# Trading Session Time

Updated over 2 weeks ago

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## What is a Trading Session?

A trading session refers to a specific period when a particular financial market is open for trading. In forex, the market operates 24 hours a day, but it is divided into different sessions based on the major financial centers around the world—Sydney, Tokyo, London, and New York.

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## What are the Major Forex Trading Sessions?

The major forex trading sessions are:

# Trading Session

Session Name	OpeningTime (GMT+2)	ClosingTime (GMT+2)
Sydney Session	00:00	09:00
Tokyo Session	06:00	15:00
London Session	10:00	19:00
New York Session	15:00	00:00



These sessions overlap at times, which often leads to higher liquidity and volatility in the market.

## What is the Overlap in Trading Sessions?

The overlap occurs when two major trading sessions are open at the same time, leading to increased trading activity and higher liquidity. The most popular overlap is between the London and New York sessions (15:00 to 19:00 GMT+2), which is considered the most active period in forex trading.

### Some Exceptions:

Other than foreign exchange instruments, other asset classes also follow these session timings since they align with when banks in the respective countries are open. However, there are some exceptions:

1. While most commodities follow the standard session timings, certain symbols like USOil and UKOil are influenced by specific exchanges and their participation. This can lead to increased volatility and impact on overall trading volume during certain periods.

2. It's important to note that each Indices/Indexess represents the stock market of its respective country. Therefore, along with the standard session timings, these instruments get more volatile during the respective stock exchange hours of the specific country.

The image below provides detailed information about the stock exchange sessions of each of the indices:

## Stock Exchanges of Indices

Symbol	Description	Stock Exchange
AUS200	Australia 200 Cash Index	Australian Securities Exchange
EUSTX50	Euro 50 Cash Index	Eurex Exchange
FRA40	France 40 Cash Index	Euronext Paris
GER30	Germany 40 Cash Index	Frankfurt Stock Exchange
HK50	Hong Kong	Hong Kong Stock Exchange
JP225	Japan 225 Index	Tokyo Stock Exchange
NDX100	NAS100	New York Stock Exchange
NTH25	Netherlands 25 Cash Index	Euronext Amsterdam
SPX500	SPX500	New York Stock Exchange
SWI20	Switzerland 20 Cash Index	SIX Swiss Exchange
UK100	UK 100 Cash Index	London Stock Exchange
US2000	Russell 2000 Index	New York Stock Exchange
US30	Dow Jones 30	New York Stock Exchange



3. The cryptocurrency market operates 24/7 and is primarily driven by transactions from individuals and institutions. As a result, the standard session timings are less relevant for crypto.

However, since these sessions coincide with banking hours, they can still have some influence on the overall trading volume in the cryptocurrency market. Kindly, note that though the cryptocurrency market operates 24/7, on our platform we offer 24/5 for trading.

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