



## Daylight Saving Time October 2024

FX - Rolling Cash				
		AUS enters DST	UK exits DST	US exits DST
Instrument	Trading Hours before 6th Oct (GMT+1)	Trading Hours from 6th Oct to 27th Oct (GMT+1)	Trading Hours from 27th Oct to 3rd Nov (GMT)	Trading Hours from 3rd Nov (GMT)
FX	Open Sunday 22:05 to Friday 22:00	Open Sunday 22:05 to Friday 22:00	Open Sunday 21:05 to Friday 21:00	Open Sunday 22:05 to Friday 22:00
	Daily trading breaks between 22:00-22:05	Daily trading breaks between 22:00-22:05	Daily trading breaks between 21:00-21:05	Daily trading breaks between 22:00-22:05
Dollar Index	Open Monday 01:00 to Friday 22:00	Open Monday 01:00 to Friday 22:00	Open Monday 00:00 to Friday 21:00	Open Monday 01:00 to Friday 22:00

Indices - Cash and Futures				
		AUS enters DST	UK exits DST	US exits DST
Instrument	Trading Hours before 6th Oct (GMT+1)	Trading Hours from 6th Oct to 27th Oct (GMT+1)	Trading Hours from 27th Oct to 3rd Nov (GMT)	Trading Hours from 3rd Nov (GMT)
Australia 200	Open Monday 00:50 to Friday 22:00	Open Sunday 23:50 to Friday 21:00	Open Sunday 22:50 to Friday 20:00	Open Sunday 22:50 to Friday 21:00
	Daily trading breaks between 07:30-08:10 & 22:00-00:50	Daily trading breaks between 06:30-07:10 & 21:00-23:50	Daily trading breaks between 05:30-06:10 & 20:00-22:50	Daily trading breaks between 05:30-06:10 & 21:00-22:50
Euro Stoxx 50	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00

France 40	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00
Germany 40	Open Sunday 23:02 to Friday 21:00	Open Sunday 23:02 to Friday 21:00	Open Sunday 22:02 to Friday 21:00	Open Sunday 23:02 to Friday 21:00
	Daily trading breaks between 21:15-21:30 & 22:00-23:00	Daily trading breaks between 21:15-21:30 & 22:00-23:00	Daily trading breaks between 21:00-22:00	Daily trading breaks between 21:15-21:30 & 22:00-23:00
Hong Kong 50	Open Monday 02:15 to Friday 20:00	Open Monday 02:15 to Friday 20:00	Open Monday 01:15 to Friday 19:00	Open Monday 01:15 to Friday 19:00
	Daily trading breaks between 05:00-06:00 & 09:30-10:15	Daily trading breaks between 05:00-06:00 & 09:30-10:15	Daily trading breaks between 04:00-05:00 & 08:30-09:15	Daily trading breaks between 04:00-05:00 & 08:30-09:15
Japan 225	Open Sunday 23:30 to Friday 21:15	Open Sunday 23:30 to Friday 21:15	Open Sunday 22:30 to Friday 20:15	Open Sunday 23:30 to Friday 21:15
	Daily trading break 22:00-23:00	Daily trading break 22:00-23:00	Daily trading break 21:00-22:00	Daily trading break 22:00-23:00
South Africa 40	Monday to Friday, 07:32 to 16:30	Monday to Friday, 07:32 to 16:30	Monday to Friday, 06:32 to 15:30	Monday to Friday, 06:32 to 15:30
Spain 35	Monday to Friday, 08:00 to 16:30	Monday to Friday, 08:00 to 16:30	Monday to Friday, 08:00 to 16:30	Monday to Friday, 08:00 to 16:30
Switzerland 20	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00
UK100	Open Sunday 23:05 to Friday 21:00	Open Sunday 23:05 to Friday 21:00	Open Sunday 22:05 to Friday 21:00	Open Sunday 23:05 to Friday 21:00
	Daily trading breaks between 21:15-21:30 & 22:00-23:00	Daily trading breaks between 21:15-21:30 & 22:00-23:00	Daily trading breaks between 21:00-22:00	Daily trading breaks between 21:15-21:30 & 22:00-23:00
US 500	Open Sunday 23:01 to Friday 21:30	Open Sunday 23:01 to Friday 21:30	Open Sunday 22:01 to Friday 20:30	Open Sunday 23:01 to Friday 21:30
	Daily trading breaks between 22:00-23:00	Daily trading breaks between 22:00-23:00	Daily trading breaks between 21:00-22:00	Daily trading breaks between 22:00-23:00

US 2000	Open Sunday 23:01 to Friday 21:30	Open Sunday 23:01 to Friday 21:30	Open Sunday 22:01 to Friday 20:30	Open Sunday 23:01 to Friday 21:30
	Daily trading breaks between 22:00-23:00	Daily trading breaks between 22:00-23:00	Daily trading breaks between 21:00-22:00	Daily trading breaks between 22:00-23:00
US Tech 100	Open Sunday 23:01 to Friday 21:30	Open Sunday 23:01 to Friday 21:30	Open Sunday 22:01 to Friday 20:30	Open Sunday 23:01 to Friday 21:30
	Daily trading breaks between 22:00-23:00	Daily trading breaks between 22:00-23:00	Daily trading breaks between 21:00-22:00	Daily trading breaks between 22:00-23:00
Wall Street 30	Open Sunday 23:01 to Friday 21:30	Open Sunday 23:01 to Friday 21:30	Open Sunday 22:01 to Friday 20:30	Open Sunday 23:01 to Friday 21:30
	Daily trading breaks between 22:00-23:00	Daily trading breaks between 22:00-23:00	Daily trading breaks between 21:00-22:00	Daily trading breaks between 22:00-23:00
Volatility Index	Open Sunday 23:00 to Friday 21:15	Open Sunday 23:00 to Friday 21:15	Open Sunday 22:00 to Friday 20:15	Open Sunday 23:00 to Friday 21:15
	Daily trading breaks between 22:00-23:00	Daily trading breaks between 22:00-23:00	Daily trading breaks between 21:00-22:00	Daily trading breaks between 22:00-23:00

## Indices - Futures Differential

		<b>AUS enters DST</b>	<b>UK exits DST</b>	<b>US exits DST</b>
<b>Instrument</b>	<b>Trading Hours before 6th Oct (GMT+1)</b>	<b>Trading Hours from 6th Oct to 27th Oct (GMT+1)</b>	<b>Trading Hours from 27th Oct to 3rd Nov (GMT)</b>	<b>Trading Hours from 3rd Nov (GMT)</b>
US 500 / US 2000	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 20:00	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00
Wall Street 30 / US Tech 100	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 20:00	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00
Germany 40 / UK 100	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00
Germany 40 / France 40	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00
UK 100 / Euro Stoxx 50	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00

Wall Street 30 / Germany 40	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 20:00	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00
Wall Street 30 / UK 100	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 20:00	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00

## Equities - Cash Markets

		AUS enters DST	UK exits DST	US exits DST
Instrument	Trading Hours before 6th Oct (GMT+1)	Trading Hours from 6th Oct to 27th Oct (GMT+1)	Trading Hours from 27th Oct to 3rd Nov (GMT)	Trading Hours from 3rd Nov (GMT)
UK Equities	Monday to Friday, 08:00 to 16:30	Monday to Friday, 08:00 to 16:30	Monday to Friday, 08:00 to 16:30	Monday to Friday, 08:00 to 16:30
EU Equities	Monday to Friday, 08:00 to 16:30	Monday to Friday, 08:00 to 16:30	Monday to Friday, 08:00 to 16:30	Monday to Friday, 08:00 to 16:30
Denmark Equities	Monday to Friday 08:02 to 15:55	Monday to Friday 08:02 to 15:55	Monday to Friday 08:02 to 15:55	Monday to Friday 08:02 to 15:55
US Equities	Monday to Friday, 14:31 to 21:00	Monday to Friday, 13:31 to 20:00	Monday to Friday, 13:31 to 20:00	Monday to Friday, 14:31 to 21:00
AU Equities	Monday to Friday, 01:00 to 07:00	Sunday to Friday, 23:00 to 05:00	Sunday to Friday, 23:00 to 05:00	Sunday to Friday, 23:00 to 05:00
SA Equities	Monday to Friday, 08:00 to 15:50	Monday to Friday, 08:00 to 15:50	Monday to Friday, 07:00 to 14:50	Monday to Friday, 07:00 to 14:50

## Energy - Futures Markets

		AUS enters DST	UK exits DST	US exits DST
Instrument	Trading Hours before 6th Oct (GMT+1)	Trading Hours from 6th Oct to 27th Oct (GMT+1)	Trading Hours from 27th Oct to 3rd Nov (GMT)	Trading Hours from 3rd Nov (GMT)
Brent Crude	Open Monday 01:00 to Friday 21:45	Open Monday 01:00 to Friday 21:45	Open Monday 00:00 to Friday 20:45	Open Monday 01:00 to Friday 21:45
	Daily trading breaks between 22:00-01:00	Daily trading breaks between 22:00-01:00	Daily trading breaks between 21:00-00:00	Daily trading breaks between 22:00-01:00

US Light Crude	Open Sunday 23:00 to Friday 21:45	Open Sunday 23:00 to Friday 21:45	Open Sunday 22:00 to Friday 20:45	Open Sunday 23:00 to Friday 21:45
	Daily trading breaks between 22:00-23:00	Daily trading breaks between 22:00-23:00	Daily trading breaks between 21:00-22:00	Daily trading breaks between 22:00-23:00
Natural Gas	Open Sunday 23:00 to Friday 21:45	Open Sunday 23:00 to Friday 21:45	Open Sunday 22:00 to Friday 20:45	Open Sunday 23:00 to Friday 21:45
	Daily trading breaks between 22:00-23:00	Daily trading breaks between 22:00-23:00	Daily trading breaks between 21:00-22:00	Daily trading breaks between 22:00-23:00

## Metals - Rolling Cash

		AUS enters DST	UK exits DST	US exits DST
Instrument	Trading Hours before 6th Oct (GMT+1)	Trading Hours from 6th Oct to 27th Oct (GMT+1)	Trading Hours from 27th Oct to 3rd Nov (GMT)	Trading Hours from 3rd Nov (GMT)
Gold	Open Sunday 23:00 to Friday 21:58	Open Sunday 23:00 to Friday 21:58	Open Sunday 22:00 to Friday 20:58	Open Sunday 23:00 to Friday 21:58
	Daily trading breaks between 22:00-23:00	Daily trading breaks between 22:00-23:00	Daily trading breaks between 21:00-22:00	Daily trading breaks between 22:00-23:00
Silver	Open Sunday 23:00 to Friday 21:58	Open Sunday 23:00 to Friday 21:58	Open Sunday 22:00 to Friday 20:58	Open Sunday 23:00 to Friday 21:58
	Daily trading breaks between 22:00-23:00	Daily trading breaks between 21:00-22:00	Daily trading breaks between 21:00-22:00	Daily trading breaks between 22:00-23:00
Gold /Silver Rolling Spot Differential	Open Sunday 23:00 to Friday 21:58	Open Sunday 23:00 to Friday 21:58	Open Sunday 22:00 to Friday 20:58	Open Sunday 23:00 to Friday 21:58
	Daily trading breaks between 22:00-23:00	Daily trading breaks between 21:00-22:00	Daily trading breaks between 21:00-22:00	Daily trading breaks between 22:00-23:00
Aluminium	Open Monday to Friday, 01:00 to 18:00	Open Monday to Friday, 01:00 to 18:00	Open Monday to Friday, 01:00 to 18:00	Open Monday to Friday, 01:00 to 18:00
Copper	Open Monday to Friday, 01:00 to 18:00	Open Monday to Friday, 01:00 to 18:00	Open Monday to Friday, 01:00 to 18:00	Open Monday to Friday, 01:00 to 18:00
Lead	Open Monday to Friday, 01:00 to 18:00	Open Monday to Friday, 01:00 to 18:00	Open Monday to Friday, 01:00 to 18:00	Open Monday to Friday, 01:00 to 18:00
Zinc	Open Monday to Friday, 01:00 to 18:00	Open Monday to Friday, 01:00 to 18:00	Open Monday to Friday, 01:00 to 18:00	Open Monday to Friday, 01:00 to 18:00

<b>Bonds - Futures Markets</b>				
		<b>AUS enters DST</b>	<b>UK exits DST</b>	<b>US exits DST</b>
<b>Instrument</b>	<b>Trading Hours before 6th Oct (GMT+1)</b>	<b>Trading Hours from 6th Oct to 27th Oct (GMT+1)</b>	<b>Trading Hours from 27th Oct to 3rd Nov (GMT)</b>	<b>Trading Hours from 3rd Nov (GMT)</b>
Bobl	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00
Bund	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00	Monday to Friday, 07:00 to 21:00
UK Long Gilt	Monday to Friday, 08:00 to 18:00	Monday to Friday, 08:00 to 18:00	Monday to Friday, 08:00 to 18:00	Monday to Friday, 08:00 to 18:00
US T-Note 10 Year	Open Sunday 23:01 to Friday 21:30	Open Sunday 23:01 to Friday 21:30	Open Sunday 22:01 to Friday 20:30	Open Sunday 23:01 to Friday 21:30
	Daily trading breaks between 22:00-23:00	Daily trading breaks between 22:00-23:00	Daily trading breaks between 21:00-22:00	Daily trading breaks between 22:00-23:00

<b>Cryptocurrency Rolling Cash</b>				
		<b>AUS enters DST</b>	<b>UK exits DST</b>	<b>US exits DST</b>
<b>Instrument</b>	<b>Trading Hours before 6th Oct (GMT+1)</b>	<b>Trading Hours from 6th Oct to 27th Oct (GMT+1)</b>	<b>Trading Hours from 27th Oct to 3rd Nov (GMT)</b>	<b>Trading Hours from 3rd Nov (GMT)</b>
Cryptocurrency	Open Sunday 22:05 to Friday 21:00	Open Sunday 21:05 to Friday 20:00	Open Sunday 22:05 to Friday 21:00	Open Sunday 22:05 to Friday 21:00
	Daily trading breaks between 22:00-22:05	Daily trading breaks between 21:00-21:05	Daily trading breaks between 22:00-22:05	Daily trading breaks between 22:00-22:05

Financial Spread Trades and CFDs are complex instruments and come with a high risk of losing money rapidly due to leverage. **84.6% of retail investor accounts lose money when trading CFDs with this provider.** You should consider whether you understand how CFDs work and whether you can afford to take the high risk of losing your money.