



## Daylight Saving Time March 2024

FX - Rolling Cash				
		US enters DST	Europe enters DST	Australia exits DST
Instrument	Trading Hours before 10th March (GMT)	Trading Hours from 10th March (GMT)	Trading Hours from 31st March (GMT+1)	Trading Hours from 7th April (GMT+1)
FX	Open Sunday 22:05 to Friday 22:00	Open Sunday 21:05 to Friday 21:00	Open Sunday 22:05 to Friday 22:00	Open Sunday 22:05 to Friday 22:00
	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
Dollar Index (Future)	Open Monday 01:00 to Friday 22:00	Open Monday 00:00 to Friday 21:00	Open Monday 01:00 to Friday 22:00	Open Monday 01:00 to Friday 22:00

Indices - Cash and Futures				
		US enters DST	Europe enters DST	Australia exits DST
Instrument	Trading Hours before 10th March (GMT)	Trading Hours from 10th March (GMT)	Trading Hours from 31st March (GMT+1)	Trading Hours from 7th April (GMT+1)
Australia 200	Open Sunday 22:50 to Friday 21:00	Open Sunday 22:50 to Friday 20:00	Open Sunday 23:50 to Friday 21:00	Open Monday 00:50 to Friday 22:00
	Daily trading breaks between 05:30-06:10 & 21:00-22:50	Daily trading breaks between 05:30-06:10 & 20:00-22:50	Daily trading breaks between 06:30-07:10 & 21:00-23:50	Daily trading breaks between 07:30-08:10 & 22:00-00:50
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 23:02 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 21:00-22:00	Daily trading breaks between 21:15-21:30 & 22:00-23:00	Daily trading breaks between 21:15-21:30 & 22:00-23:00
Hong Kong 50	Open Monday 01:15 to Friday 19:00	Open Monday 01:15 to Friday 19:00	Open Monday 02:15 to Friday 20:00	Open Monday 02:15 to Friday 20:00
	Daily trading breaks between 04:00-05:00 & 08:30-09:15	Daily trading breaks between 04:00-05:00 & 08:30-09:15	Daily trading breaks between 05:00-06:00 & 09:30-10:15	Daily trading breaks between 05:00-06:00 & 09:30-10:15
Japan 225	Open Sunday 23:30 to Friday 21:15	Open Sunday 22:30 to Friday 20:15	Open Sunday 23:30 to Friday 21:15	Open Sunday 23:30 to Friday 21:15
	Daily trading break 22:00-23:00	Daily trading break 21:00-22:00	Daily trading break 22:00-23:00	Daily trading break 22:00-23:00
South Africa 40	Monday to Friday, 06:32 to 15:30	Monday to Friday, 06:32 to 15:30	Monday to Friday, 07:32 to 16:30	Monday to Friday, 07:32 to 16:30
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 22:05 to Friday 21:00	Open Sunday 23:05 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 21:00-22:00	Daily trading breaks between 21:15-21:30 & 22:00-23:00	Daily trading breaks between 21:15-21:30 & 22:00-23:00
US 500	Open Sunday 23:01 to Friday 21:30	Open Sunday 22:01 to Friday 20:30	Open Sunday 23:01 to Friday 21:30	Open Sunday 23:01 to Friday 21:30
	Daily trading breaks between 22:00-23:00	Daily trading breaks between 21:00-22:00	Daily trading breaks between 22:00-23:00	Daily trading breaks between 22:00-23:00

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

## Indices - Futures Differential

		US enters DST	Europe enters DST	Australia exits DST
Instrument	Trading Hours before 10th March (GMT)	Trading Hours from 10th March (GMT)	Trading Hours from 31st March (GMT+1)	Trading Hours from 7th April (GMT+1)
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

<b>Equities - Cash Markets</b>				
		<b>US enters DST</b>	<b>Europe enters DST</b>	<b>Australia exits DST</b>
<b>Instrument</b>	<b>Trading Hours before 10th March (GMT)</b>	<b>Trading Hours from 10th March (GMT)</b>	<b>Trading Hours from 31st March (GMT+1)</b>	<b>Trading Hours from 7th April (GMT+1)</b>
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, 14:31 to 21:00	Monday to Friday, 14:31 to 21:00
AU Equities	Sunday to Friday, 23:00 to 05:00	Sunday to Friday, 23:00 to 05:00	Monday to Friday, 00:00 to 06:00	Monday to Friday, 01:00 to 07:00
SA Equities	Monday to Friday, 07:00 to 14:50	Monday to Friday, 07:00 to 14:50	Monday to Friday, 08:00 to 15:50	Monday to Friday, 08:00 to 15:50

<b>Energy - Futures Markets</b>				
		<b>US enters DST</b>	<b>Europe enters DST</b>	<b>Australia exits DST</b>
<b>Instrument</b>	<b>Trading Hours before 10th March (GMT)</b>	<b>Trading Hours from 10th March (GMT)</b>	<b>Trading Hours from 31st March (GMT+1)</b>	<b>Trading Hours from 7th April (GMT+1)</b>
Brent Crude	Open Monday 01:00 to Friday 21:45	Open Monday 00:00 to Friday 20:45	Open Monday 01:00 to Friday 21:45	Open Monday 01:00 to Friday 21:45
	Daily trading breaks between 22:00-01:00	Daily trading breaks between 21:00-00:00	Daily trading breaks between 22:00-01:00	Daily trading breaks between 22:00 -01:00
US Light Crude	Open Sunday 23:00 to Friday 21:45	Open Sunday 22:00 to Friday 20:45	Open Sunday 23:00 to Friday 21:45	Open Sunday 23:00 to Friday 21:45
	Daily trading breaks between 22:00-23:00	Daily trading breaks between 21:00-22:00	Daily trading breaks between 22:00-23:00	Daily trading breaks between 22:00-23:00

## Metals - Rolling Cash

		US enters DST	Europe enters DST	Australia exits DST
Instrument	Trading Hours before 10th March (GMT)	Trading Hours from 10th March (GMT)	Trading Hours from 31st March (GMT+1)	Trading Hours from 7th April (GMT+1)
Gold	Open Sunday 23:01 to Friday 21:58	Open Sunday 22:01 to Friday 20:58	Open Sunday 23:01 to Friday 21:58	Open Sunday 23:01 to Friday 21:58
	Daily trading breaks between 22:00-23:00	Daily trading breaks between 21:00-22:00	Daily trading breaks between 22:00-23:00	Daily trading breaks between 22:00-23:00
Silver	Open Sunday 23:01 to Friday 21:58	Open Sunday 22:01 to Friday 20:58	Open Sunday 23:01 to Friday 21:58	Open Sunday 23:01 to Friday 21:58
	Daily trading breaks between 22:00-23:00	Daily trading breaks between 21:00-22:00	Daily trading breaks between 22:00-23:00	Daily trading breaks between 22:00-23:00
Gold /Silver Rolling Spot Differential	Open Sunday 23:01 to Friday 21:58	Open Sunday 22:01 to Friday 20:58	Open Sunday 23:01 to Friday 21:58	Open Sunday 23:01 to Friday 21:58
	Daily trading breaks between 22:00-23:00	Daily trading breaks between 21:00-22:00	Daily trading breaks between 22:00-23:00	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>US enters DST</b>	<b>Europe enters DST</b>	<b>Australia exits DST</b>
<b>Instrument</b>	<b>Trading Hours before 10th March (GMT)</b>	<b>Trading Hours from 10th March (GMT)</b>	<b>Trading Hours from 31st March (GMT+1)</b>	<b>Trading Hours from 7th April (GMT+1)</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

<b>Cryptocurrency Rolling Cash</b>				
		<b>US enters DST</b>	<b>Europe enters DST</b>	<b>Australia exits DST</b>
<b>Instrument</b>	<b>Trading Hours before 10th March (GMT)</b>	<b>Trading Hours from 10th March (GMT)</b>	<b>Trading Hours from 31st March (GMT+1)</b>	<b>Trading Hours from 7th April (GMT+1)</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 Bets and CFDs are complex instruments and come with a high risk of losing money rapidly due to leverage. 67.3% 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.