

FOREX MARKET HOURS

The spreadsheet gives you an comprehensive overview about the trading hours from the foreign exchange market. It includes not only all important time zones but also forex trading activity and release times from Economic News.

| Market | Sydney | Tokyo | Hong Kong | Moscow | Frankfurt | London | New York | Chicago | Los Angeles |
|------------------------|--------|-------|-----------|--------|-----------|-----------|----------|---------|-------------|
| Time Zone | AEST | JST | WST | EET | WET | UTC (GMT) | EST | CST | PST |
| Australian Open | 09:00 | 07:00 | 06:00 | 01:00 | 23:00 | 22:00 | 17:00 | 16:00 | 14:00 |
| Japan Economic News | 10:50 | 08:50 | 07:50 | 02:50 | 00:50 | 23:50 | 18:50 | 17:50 | 15:50 |
| Asian Open | 11:00 | 09:00 | 08:00 | 03:00 | 01:00 | 00:00 | 19:00 | 18:00 | 16:00 |
| Asian Market Close | 14:00 | 12:00 | 11:00 | 06:00 | 04:00 | 03:00 | 22:00 | 21:00 | 19:00 |
| European Open | 18:00 | 16:00 | 15:00 | 10:00 | 08:00 | 07:00 | 02:00 | 01:00 | 23:00 |
| European Economic News | 18:45 | 16:45 | 15:45 | 10:45 | 08:45 | 07:45 | 02:45 | 01:45 | 23:45 |
| London Open | 19:00 | 17:00 | 16:00 | 11:00 | 09:00 | 08:00 | 03:00 | 02:00 | 00:00 |
| U.K. Economic News | 20:30 | 18:30 | 17:30 | 12:30 | 10:30 | 09:30 | 04:30 | 03:30 | 01:30 |
| New York Open | 00:00 | 22:00 | 21:00 | 16:00 | 14:00 | 13:00 | 08:00 | 07:00 | 05:00 |
| U.S. Economic News | 00:30 | 22:30 | 21:30 | 16:30 | 14:30 | 13:30 | 08:30 | 07:30 | 05:30 |
| European Market Close | 04:00 | 02:00 | 01:00 | 20:00 | 18:00 | 17:00 | 12:00 | 11:00 | 09:00 |
| U.S. Market Close | 08:00 | 06:00 | 05:00 | 00:00 | 22:00 | 21:00 | 16:00 | 15:00 | 13:00 |

- Most Active Time
- Yesterday (in comparison to other time periods)
- Tomorrow (in comparison to other time periods)

More and detailed information about [forex market hours](http://www.forexeasystems.com/) are available on our website: <http://www.forexeasystems.com/>