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Forex Market Hours: Opening and Closing Times of Trading Sessions

The **Forex market** is a global marketplace for **currency trading** that operates **24 hours a day, five days a week** (Monday to Friday). The market opens at **00:00 GMT-UTC** and continues until **22:00 GMT on Friday**.

The market's structure is based on four major **trading sessions** of **Sydney**, **Tokyo**, **London**, and **New York**.



Global Forex market trading hours and major trading sessions

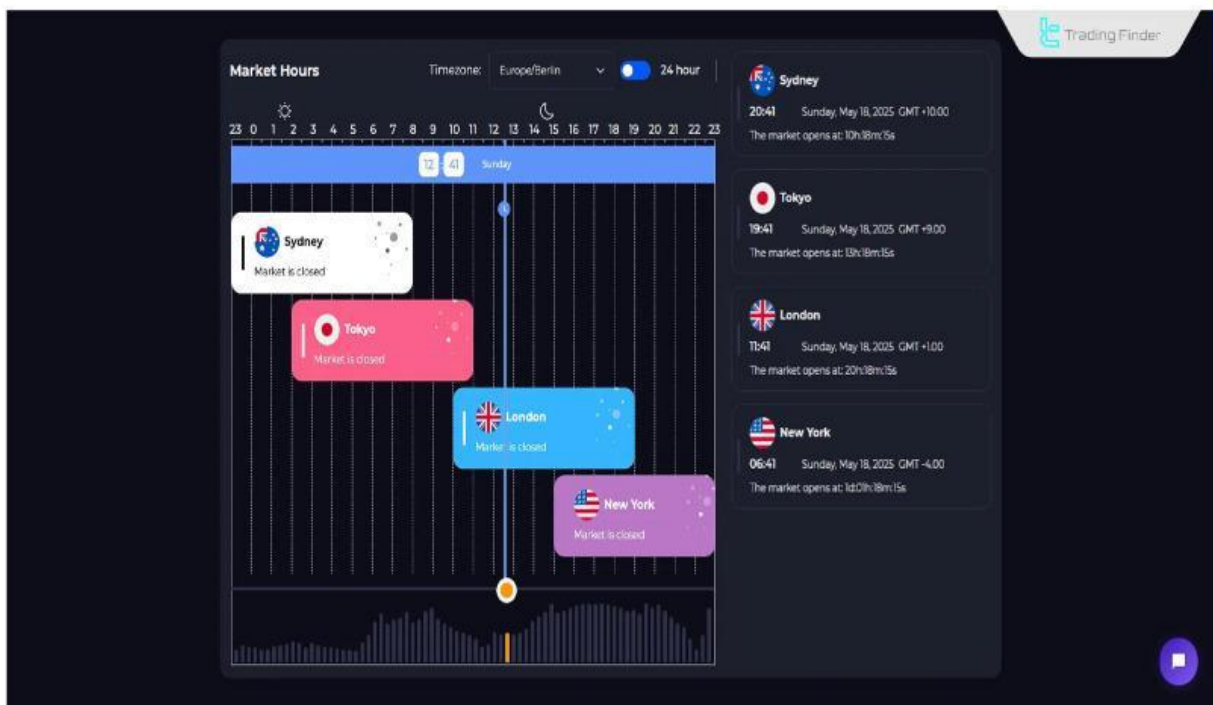
What Are the Forex Market Hours?

The **Forex market** starts at **22:00 UTC on Sunday** and continues until **22:00 on Friday**, operating **nonstop 24 hours** a day.

This continuity results from the rotating activity of the four major global financial centers, each responsible for the market during specific time intervals.

Traders can easily access the **Forex market hours** across various time zones using the **TradingFinder** tool:

⚡ Trading session tools and global market hours across different time zones



Trading sessions and global market hours across time zones with TradingFinder's precision tool

The market activity starts with the **Sydney session** and ends with the **New York session** at the close of the business week. Below is a table of the **Forex market opening and closing hours**:

Trading Session	Major Financial Centers	Market Opening Time (UTC)	Market Closing Time (UTC)
Sydney	Australia, New Zealand	22:00	07:00
Tokyo	Japan, Singapore, Hong Kong	00:00	09:00
London	UK, Germany, France	08:00	17:00
New York	USA, Canada	13:00	22:00

Summer and Winter Time in Forex Market

Forex market hours are affected by **Daylight Saving Time (DST)** in regions like the **United States** and **Europe**.

This seasonal adjustment temporarily shifts the **start and end times** of some trading sessions, particularly impacting traders in the **Middle East and Asia**, who must adjust their schedules accordingly.

Forex session time table:

Trading Session	Summer Time (DST) UTC	Winter Time (Standard) UTC
Sydney	21:00 – 06:00	22:00 – 07:00
Tokyo	23:00 – 08:00	00:00 – 09:00
London	07:00 – 16:00	08:00 – 17:00
New York	12:00 – 21:00	13:00 – 22:00

Overview of Forex Market Trading Sessions

The **Sydney, Tokyo, London, and New York** sessions each have distinct characteristics regarding **trading volume, price volatility, active currency pairs, and response to economic news**.



Forex market trading sessions throughout the day for traders

Oceanian Session (Sydney)

The **Sydney session** kicks off the Forex trading week, starting at **22:00 UTC**. Although liquidity is relatively low, this session is suitable for **scalping strategies** and traders who prefer **low-risk approaches**.

Asian Session (Tokyo)

The **Tokyo session** is the second phase in the **Forex market time** cycle, beginning as the Sydney session ends.

Influenced by Asian economies—particularly **Japan, China, and Australia**—this session typically features **moderate and steady volatility**.

European Session (London)

The **London session** is the third and **most liquid part** of the **Forex market hours**. It accounts for **over 35% of daily trading volume**, supported by the participation of **banks, financial institutions**, and **professional traders**.

The overlap with the New York session makes it the **peak period** for both **volatility** and **liquidity**.

American Session (New York)

The **New York session** is the final segment of the daily Forex cycle and is heavily influenced by **U.S. economic data** such as **NFP, CPI**, and **interest rate decisions**.

The session typically opens with **high volatility**, especially during its **overlap with the London session**, which marks the day's highest **trading volume**. However, **volatility tends to drop** in the final hours.

To visualize **session timings directly on charts**, traders can use the **Session Box Indicator** developed by TradingFinder:

⚡ [Download Session Box Indicator for MetaTrader 5](#)

⚡ [Download Session Box Indicator for MetaTrader 4](#)



The New York session is the most important and liquid trading period of the day

Overlap of Trading Sessions and Increased Market Volatility

In the **Forex market time**, the **simultaneous activity of two sessions** creates what's known as an **Overlap**.

During this period, **liquidity increases**, **spreads tighten**, and **price volatility rises**, offering excellent opportunities for **short-term trades** and **scalping**.

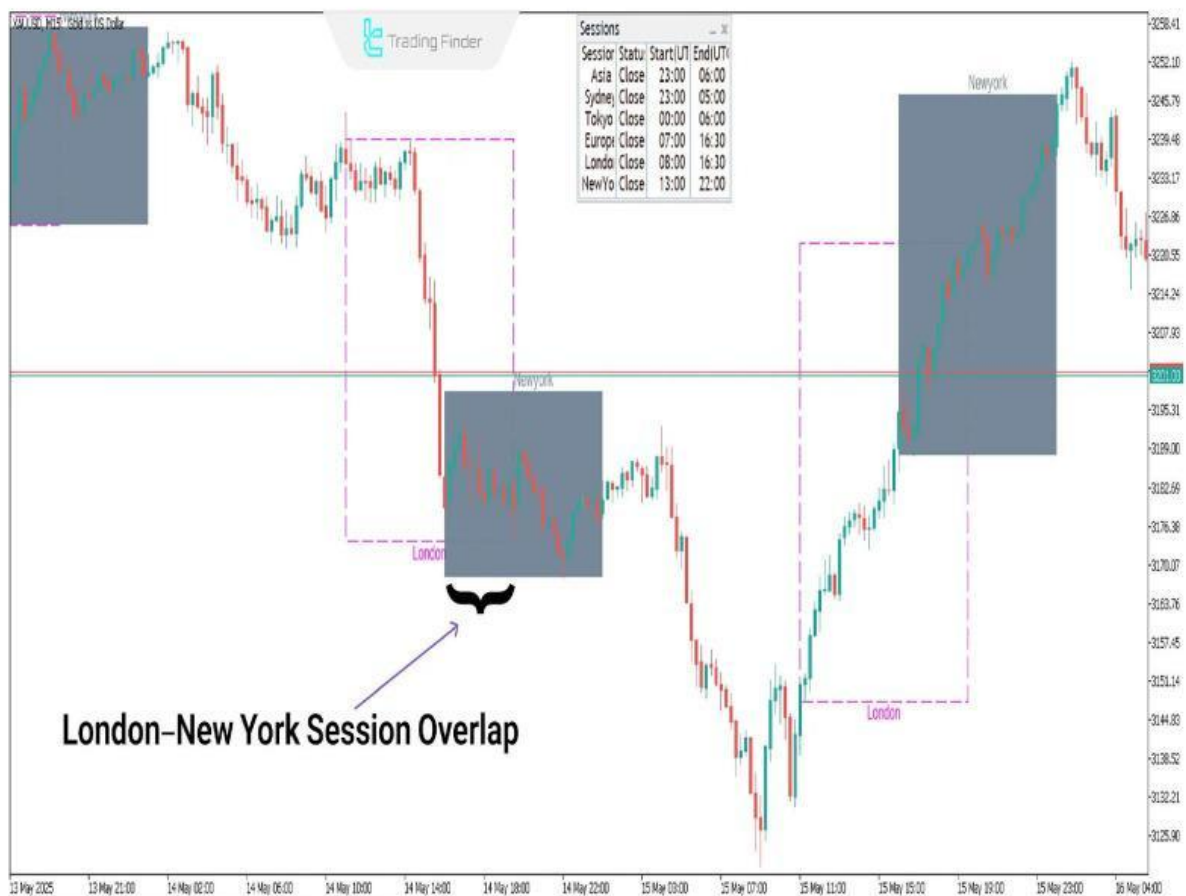
Overlap Session	Time (UTC)	Features
London – New York	13:00 – 17:00	Highest daily volatility, maximum trading volume, reaction to economic news
Tokyo – London	08:00 – 09:00	Moderate volatility, early trend formation
Sydney – Tokyo	00:00 – 07:00	Low volatility, suitable for Asian currency scalping

London–New York Overlap

The **London–New York overlap** is the **most significant and active time frame** during **Forex market hours**.

The simultaneous presence of both **European** and **American institutions** greatly enhances **liquidity** and **volatility**.

During this period, the **highest number of traders, banks, and financial entities** are active at the same time.



The London–New York Overlap is the most important and liquid period in the Forex market

Tokyo–London Overlap

The **Tokyo–London overlap** is short but impactful, occurring from **08:00 to 09:00 UTC**. It marks the **transition** from Asian to European market activity and often features **initial movements in major currency pairs**.

Best Time to Trade in the Forex Market

The **best time to trade Forex** is when liquidity is high, and **meaningful price fluctuations** occur. This ideal condition typically exists during the **London–New York overlap**, between **13:00** and **17:00 UTC**.

During this time, **spreads narrow**, **order execution is more precise**, and **more trading opportunities emerge**.

Key Tips for Managing Time in the Forex Market

Time management in Forex distinguishes between **impulsive trading** and **precise strategies**, forming the foundation of a **profitable and consistent trading system**.

Here are some essential professional tips for effectively managing the **Forex market time**:

- ⚡ Understand the four **main trading sessions**;
- ⚡ Monitor **session overlaps** (Overlap);
- ⚡ Account for **Daylight Saving Time (DST)** adjustments;
- ⚡ Avoid **low-volatility hours**;
- ⚡ Align trading times with your **strategy style**;
- ⚡ Track economic news using an **accurate calendar**.

Conclusion

With its 24-hour structure, the **Forex market** enables traders to operate at any time of the day.

By analyzing the **global session schedules**, factoring in **seasonal DST changes**, and reviewing **overlap periods**, one can identify the most **optimal trading times**.

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