

FOREX Market Time Chart

(Daylight Savings Time)

TIME ZONES	GMT	0	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23
	EST	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7
	CST	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5	6
	MST	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4	5
	PST	5	6	7	8	9	10	11	12	1	2	3	4	5	6	7	8	9	10	11	12	1	2	3	4
	CURRENCIES MARKETS																								
USD																									
GPB																									
EUR																									
CHF																									
JPY																									
AUD																									

This chart compares the GMT time shown in 4X Made Easy™ to the four U.S. time zones based on Daylight Savings Time (DST). The FOREX market operates 24 hours / 6 days a week. The most active trading times (highlighted in green) are when 2 or more equity markets are open. The black lines represent when the equity markets are open (8am - 4pm) in the respective countries.