

Europe/Israel are entering DST this **Sunday (25th March)** – clocks go forward 1 hour on Sunday morning at 01:00 (GMT) → 02:00 (GMT +1)

Day /Date	Time - GMT	Dublin Time
Sunday Mar 25th - Opening (DST EU)	21:00	22:00
Friday Mar 30th - Closing	21:00	22:00

Please see the table below for the updated trading hours for the Instruments effected – changes in bold

New Trading Hours (GMT)

Equity Indices	Trading hours from 25th March (DST in Europe)
S&P 500	22:00-20:14 & 20:30-20:59
NASDAQ 100	22:00-20:14 & 20:30-20:59
DJ30 30	22:00-20:14 & 20:30-20:59
RUSSELL 2000	00:00-21:59
FTSE 100	00:00-19:59
DAX 30	06:00-19:59
CAC40	06:00-19:59
IBEX 35	07:00-17:59
DJ EUR Stoxx 50	06:00-19:59
FTSE/MIB 30	07:00-15:39
SMI	06:00-19:59
OMX30	07:00-15:24
AEX	06:00-19:59
MSCI	00:45-05:44 & 06:35-17:59
NIKKEI 225	23:45-06:24 & 07:15-17:59
HSI	01:15-03:59 & 05:00-08:30 & 09:15-15:45
SPI 200	22:50-05:29 & 06:10-19:59
US DOLLAR INDEX	00:00-20:59
NIFTY 50	01:00-10:09 & 11:15-17:59
CHINA A50	01:00-08:34 & 09:00-20:44
Energy	

Crude Oil	22:00-20:59
Natural Gas	22:00-20:59
Heating Oil	22:00-20:59
Gasoline	22:00-20:59
Brent Crude Oil	00:00-21:59
Metals	
Gold	22:00-20:59
Silver	22:00-20:59
Platinum	22:00-20:59
Copper	22:00-20:59
Palladium	22:00-20:59
Agriculture	
Corn	00:00-12:44 & 13:30-18:14
Wheat	00:00-12:44 & 13:30-18:14
Soybean	00:00-12:44 & 13:30-18:14
Soft Commodities	
Coffee	08:15-17:29
Sugar	07:30-16:59
Cotton	01:00-18:19
Cocoa	08:45-17:29
Bonds	
5 Year US T-Notes	22:00-20:59
10 Year US T-Notes	22:00-20:59
30 Year US T-Bonds	22:00-20:59
Japanese Govt Bonds	23:45-09:09 & 10:30-17:59
EURO-Bund German	06:00-19:59

Stocks	
US Stocks & ETFs	13:30-19:59
UK Stocks	07:00-15:29
Spanish Stocks	07:00-15:29
German Stocks	07:00-15:29
French Stocks	07:00-15:29
Italian Stocks	07:00-15:24

ILS Pairs
05:30 - 14:59 GMT