

## Best Times to Trade the Forex Market

GMT	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	1	2	3	4	5			
GMT + 2	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	1	2	3	4	5	6	7			
EST Time	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24			
Pacific Time	22	23	24	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21			
Central Time	20	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23			
	European Market																										
		London Market																									
							US Market																				
																	Australian Market										
																			Japanese Market								

**Main Trading Activity  
Majority of News Reports**

\* The European and London sessions will closing.  
\* Market activity will be slowing.

AUD, JPY & NZD Market will be opened and News Reports will be released