

The Forex Session Cheat Sheet

Sydney, Tokyo, London and New York – when each session runs, where they overlap, and how the windows move when the clocks change.

THE FOUR SESSIONS

Sydney

LOCAL 07:00 – 16:00

Apr – Oct **21:00 – 06:00 UTC**

Nov – Mar **20:00 – 05:00 UTC**

Opens the trading week. Thin liquidity, narrow ranges. AUD and NZD pairs lead what activity there is.

Tokyo

LOCAL 09:00 – 18:00

Apr – Oct **00:00 – 09:00 UTC**

Nov – Mar **00:00 – 09:00 UTC**

Asia's main centre. Ranges are usually contained and JPY crosses are the natural focus.

London

LOCAL 08:00 – 17:00

Apr – Oct **07:00 – 16:00 UTC**

Nov – Mar **08:00 – 17:00 UTC**

The European session. Ranges typically widen at the open; EUR and GBP pairs lead the flow.

New York

LOCAL 08:00 – 17:00

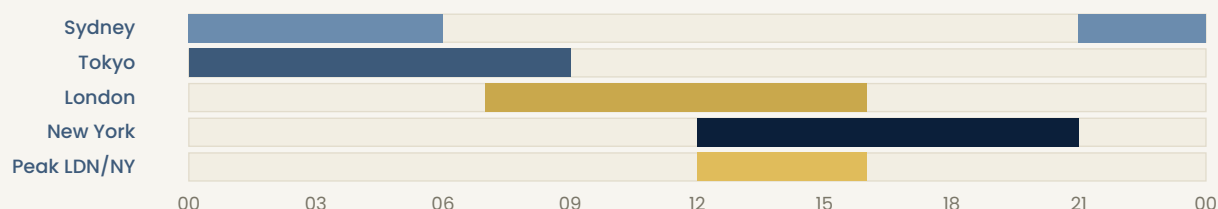
Apr – Oct **12:00 – 21:00 UTC**

Nov – Mar **13:00 – 22:00 UTC**

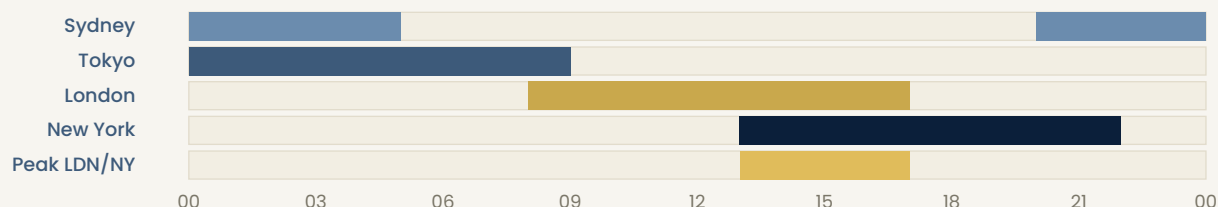
US data lands here. The first half overlaps London and carries the heaviest flow of the day.

THE 24-HOUR MAP · UTC

April – October (northern summer)



November – March (northern winter)



LONDON – NEW YORK OVERLAP

12:00 – 16:00 UTC

April – October

13:00 – 17:00 UTC

November – March

ICT KILL ZONES

Apr–Oct / Nov–Mar

London 07:00 – 10:00 / 08:00 – 11:00
New York 12:00 – 15:00 / 13:00 – 16:00

Session windows follow the standard convention of local business hours in each financial centre. FX trades continuously from the Sydney open on Monday to the New York close on Friday. Kill zones are an ICT methodology view, not a market law.

Session Times in Your City

Every session and the overlap, converted. Find your city, read across.

April – October northern summer · UK on BST, US on EDT, Sydney on AEST

YOUR CITY	SYDNEY	TOKYO	LONDON	NEW YORK	OVERLAP
UTC / GMT	21:00*–06:00	00:00–09:00	07:00–16:00	12:00–21:00	12:00–16:00
Los Angeles	14:00*–23:00*	17:00*–02:00	00:00–09:00	05:00–14:00	05:00–09:00
Chicago	16:00*–01:00	19:00*–04:00	02:00–11:00	07:00–16:00	07:00–11:00
New York	17:00*–02:00	20:00*–05:00	03:00–12:00	08:00–17:00	08:00–12:00
Buenos Aires	18:00*–03:00	21:00*–06:00	04:00–13:00	09:00–18:00	09:00–13:00
Sao Paulo	18:00*–03:00	21:00*–06:00	04:00–13:00	09:00–18:00	09:00–13:00
London	22:00*–07:00	01:00–10:00	08:00–17:00	13:00–22:00	13:00–17:00
Frankfurt / Paris	23:00*–08:00	02:00–11:00	09:00–18:00	14:00–23:00	14:00–18:00
Johannesburg	23:00*–08:00	02:00–11:00	09:00–18:00	14:00–23:00	14:00–18:00
Dubai	01:00–10:00	04:00–13:00	11:00–20:00	16:00–01:00+	16:00–20:00
Mumbai	02:30–11:30	05:30–14:30	12:30–21:30	17:30–02:30+	17:30–21:30
Singapore	05:00–14:00	08:00–17:00	15:00–00:00+	20:00–05:00+	20:00–00:00+
Tokyo	06:00–15:00	09:00–18:00	16:00–01:00+	21:00–06:00+	21:00–01:00+
Sydney	07:00–16:00	10:00–19:00	17:00–02:00+	22:00–07:00+	22:00–02:00+

November – March northern winter · UK on GMT, US on EST, Sydney on AEDT

YOUR CITY	SYDNEY	TOKYO	LONDON	NEW YORK	OVERLAP
UTC / GMT	20:00*–05:00	00:00–09:00	08:00–17:00	13:00–22:00	13:00–17:00
Los Angeles	12:00*–21:00*	16:00*–01:00	00:00–09:00	05:00–14:00	05:00–09:00
Chicago	14:00*–23:00*	18:00*–03:00	02:00–11:00	07:00–16:00	07:00–11:00
New York	15:00*–00:00	19:00*–04:00	03:00–12:00	08:00–17:00	08:00–12:00
Buenos Aires	17:00*–02:00	21:00*–06:00	05:00–14:00	10:00–19:00	10:00–14:00
Sao Paulo	17:00*–02:00	21:00*–06:00	05:00–14:00	10:00–19:00	10:00–14:00
London	20:00*–05:00	00:00–09:00	08:00–17:00	13:00–22:00	13:00–17:00
Frankfurt / Paris	21:00*–06:00	01:00–10:00	09:00–18:00	14:00–23:00	14:00–18:00
Johannesburg	22:00*–07:00	02:00–11:00	10:00–19:00	15:00–00:00+	15:00–19:00
Dubai	00:00–09:00	04:00–13:00	12:00–21:00	17:00–02:00+	17:00–21:00
Mumbai	01:30–10:30	05:30–14:30	13:30–22:30	18:30–03:30+	18:30–22:30
Singapore	04:00–13:00	08:00–17:00	16:00–01:00+	21:00–06:00+	21:00–01:00+
Tokyo	05:00–14:00	09:00–18:00	17:00–02:00+	22:00–07:00+	22:00–02:00+
Sydney	07:00–16:00	11:00–20:00	19:00–04:00+	00:00+–09:00+	00:00+–04:00+

* the session opens on the previous day in your city + the session closes after midnight in your city

Cities with no daylight saving – Johannesburg, Dubai, Mumbai, Singapore, Tokyo, Buenos Aires and Sao Paulo – still shift relative to London and New York twice a year, because those two cities move. Sydney moves in the opposite direction to the northern hemisphere, on the first Sunday in October and the first Sunday in April.

Reading the Clock

What the session structure actually tells you, and what it does not.

WHY YOUR TIMES SHIFT TWICE A YEAR

The four financial centres change their clocks on different dates, and two of them never change at all. Japan has no daylight saving. Singapore, Dubai, Mumbai, Johannesburg and Buenos Aires have none either. The United States moves on the second Sunday in March and the first Sunday in November. The United Kingdom moves on the last Sunday in March and the last Sunday in October. Australia moves in the opposite direction, on the first Sunday in October and the first Sunday in April.

THE GAP WEEKS

For two to three weeks each March, and for one week each autumn, London and New York sit four hours apart instead of five. The overlap does not shrink – it stretches to five hours. This is the one window each year where the shape of the trading day genuinely changes.

WHAT ACTUALLY CHANGES BETWEEN SESSIONS

Not the market. The instrument is the same at 03:00 as it is at 14:00. What changes is who is awake. A session is a proxy for participation: which desks are staffed, which economic releases are scheduled, and how much size is willing to stand on the other side of your order. Thin participation tends to produce narrow ranges and weaker follow-through. Heavy participation tends to produce wider ranges and cleaner trends. Neither is a guarantee, and neither is an edge on its own.

A THREE-CHECKPOINT ROUTINE

1

Asian range

Mark the high and low of the Tokyo session before London opens. It is your reference, not your trade.

2

London open

Watch how price treats that range. A clean break and hold reads differently to a sweep and reversal.

3

New York open

The overlap begins. Decide before it starts whether you are trading the continuation or standing aside.

WHEN NOT TO TRADE

The hours between the New York close and the Sydney open are the thinnest of the week. So is the stretch around the Friday close, when positions are being squared rather than opened. If your strategy needs participation to work, trading those windows is a choice to trade without it.

SESSION VERSUS KILL ZONE

A session is a description of market hours. A kill zone is a narrower window inside a session that traders following the ICT methodology choose to focus on. The first is a fact about when a financial centre is open. The second is a decision about where to look. Keep them separate in your own notes, because conflating them turns a scheduling observation into a belief you have not tested.

LIVE SESSION CLOCK

completetradersedge.com/trading-sessions-london-new-york-asian-breakdown/

Auto-detects your timezone
Live open and closed status