

## Forex Time Zone Activity

Time Zone	GMT						EST	PST
Market	Sydney	Tokyo	Hong Kong	Moscow	Frankfurt	London	New York	Vancouver
Aussie Start	9:00	7:00	6:00	1:00	23:00 prev.day	22:00	17:00	14:00
Asian Open	12:00	10:00	9:00	4:00	2:00	1:00	20:00 prev.day	17:00
Euro Open	18:00	16:00	15:00	10:00	8:00	7:00	2:00	23:00 prev.day
London Activity	19:00	17:00	16:00	11:00	9:00	8:00	3:00	0:00
US - New York Open	0:00 next day	22:00	21:00	16:00	14:00	13:00	8:00	5:00
European Close	4:00	2:00 next day	1:00 next day	20:00	18:00	17:00	12:00	9:00
US Close	8:00	6:00	5:00	24:00:00 next day	22:00	21:00	16:00	13:00

Market is Usually Very Active

Market is Usually Less Active

Market has Medium Level of Activity

This chart was prepared with the help of AboutForex.com. Whoever that guy is, he doesn't put his name on his site. So I can't thank him by name.