FOREXMECHANICS.COM · 1-PAGE CLOCK & CALENDAR

FX Trading Sessions & Macro Release Schedule (UTC / ET / LDN)

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Time-zone discipline: Spot FX runs continuously from Sunday 22:00 UTC to Friday 22:00 UTC (21:00 during US EDT), yet liquidity concentrates sharply in London and New York hours. Always log your trading plan in UTC or one explicit IANA zone.

1. MAJOR FX SESSION WINDOWS (MODEL ACTIVITY HOURS)

Session / Overlap	UTC (Winter Std)	UTC (Summer DST)	New York (ET)	London (GMT/BST)	Liquidity & Volatility Notes
Sydney / Pacific	21:00–06:00	22:00–07:00	16:00–01:00 / 18:00–03:00	21:00–06:00 / 23:00–08:00	Thin depth around daily rollover; AUD & NZD data windows.
Tokyo / Asia	00:00–09:00	00:00–09:00	19:00–04:00 (EST) 20:00–05:00 (EDT)	00:00–09:00 (GMT) 01:00–10:00 (BST)	Japan has no DST. Watch **Tokyo Fixing 09:55 JST (00:55 UTC)** & JPY/AUD flows.
London / Europe	08:00–17:00	07:00–16:00	03:00–12:00	08:00–17:00	Highest share of global FX volume (BIS); EUR, GBP, CHF releases + WMR fix.
New York / US	13:00–22:00	12:00–21:00	08:00–17:00	13:00–22:00	Peak US macro releases & Treasury yields; late NY afternoon depth thins fast.
London–NY Overlap	**13:00–17:00**	**12:00–16:00**	**08:00–12:00**	**13:00–17:00**	**Deepest liquidity & tightest spreads**; watch 16:00 LDN (WMR fix) rebalancing.
Rollover Illiquidity	21:45–22:15	20:45–21:15	16:45–17:15	21:45–22:15	NY 17:00 swap rollover reset: wide spreads & thin order books. Avoid market orders.

2. TWICE-YEARLY DST MISMATCH TRAP

- **US clocks switch earlier/later:** US shifts 2nd Sunday of March & 1st Sunday of November; UK/EU shifts last Sunday of March & last Sunday of October.
- **Consequence:** for 2–3 weeks in March and ~1 week in late Oct/Nov, the London–NY overlap expands/shifts to **12:00–17:00 UTC**, and US releases arrive **1 hour earlier** on European & Asian clocks.
- Never trade off an unadjusted fixed alarm — check the exact date's UTC release timestamp on forexmechanics.com/macro-cheat-sheet/.

3. TIER-1 SCHEDULED MACRO RELEASES

Release	Typical Frequency	US ET / Local	UTC (Std / EDT)
US NFP & Unemployment	Monthly (1st Fri)	08:30 ET	13:30 / 12:30
US CPI & Core PCE	Monthly	08:30 ET	13:30 / 12:30
FOMC Rate Decision	8× / year	14:00 ET	19:00 / 18:00
ECB Rate & Press Conf.	8× / year	14:15 / 14:45 CET	13:15 / 12:15
Bank of England (BoE)	8× / year	12:00 LDN	12:00 / 11:00
Bank of Japan (BoJ)	8× / year	~11:30–12:30 JST	~02:30–03:30
RBA Rate Statement	8× / year	14:30 SYD	03:30 / 04:30

Source: https://forexmechanics.com/trading-hours/trading-sessions/ · Open Educational Resource (CC BY 4.0)

Educational & quantitative reference only — not investment advice.