Forex Market Sessions in ET, GMT and IST

Session	Local hours	New York (winter)	GMT (winter)	IST (winter)	New York (summer)	GMT (summer)	IST (summer)
Sydney	7:00 AM–4:00 PM local	3:00 PM–12:00 AM	8:00 PM–5:00 AM	**1:30 AM–10:30 AM**	5:00 PM–2:00 AM	9:00 PM–6:00 AM	**2:30 AM–11:30 AM**
Tokyo	9:00 AM–6:00 PM local	7:00 PM–4:00 AM	12:00 AM–9:00 AM	**5:30 AM–2:30 PM**	8:00 PM–5:00 AM	12:00 AM–9:00 AM	**5:30 AM–2:30 PM**
London	8:00 AM–5:00 PM local	3:00 AM–12:00 PM	8:00 AM–5:00 PM	**1:30 PM–10:30 PM**	3:00 AM–12:00 PM	7:00 AM–4:00 PM	**12:30 PM–9:30 PM**
New York	8:00 AM–5:00 PM local	8:00 AM–5:00 PM	1:00 PM–10:00 PM	**6:30 PM–3:30 AM**	8:00 AM–5:00 PM	12:00 PM–9:00 PM	**5:30 PM–2:30 AM**

London + New York overlap, winter

6:30 PM–10:30 PM IST

8:00 AM–12:00 PM New York · 1:00 PM–5:00 PM GMT

London + New York overlap, summer

5:30 PM–9:30 PM IST

8:00 AM–12:00 PM New York · 12:00 PM–4:00 PM GMT

Winter = January 15, 2027, summer = July 15, 2027 (Northern Hemisphere seasons; Sydney is on its own summer time in January). Clocks change on different dates in 2027: New York Mar 14 and Nov 7; London Mar 28 and Oct 31; Sydney Apr 4 and Oct 3. Between those dates some sessions sit an hour away from both columns. Session hours are market conventions, not exchange-published hours; the FX week runs Sunday 5:00 PM to Friday 5:00 PM New York time. Licensed CC BY 4.0.