Horizon

Trading Hours Explained

- 24/5 trading: Weekday-only continuous access
- 24/7 trading: Includes weekends (mainly crypto)
- Extended hours: Pre-market and after-hours sessions

Type	Availability	Typical Markets
24/5	Weekdays only	FX, indices, some stocks
Extended	Pre + after hours	Stocks
24/7	Includes weekends	Crypto

What is 24/5 Trading:

🕒 24 hours a day,

📅 5 days a week (Sunday evening → Friday evening).

Key concept:

Markets are accessible continuously during weekdays via alternative systems — not always the exchange itself.

Enabled by:

- OTC markets
- ECNs (electronic networks)
- Market makers

Horizon

Why Market Timing Matters

Financial markets operate across different countries and time zones, which means they don't all open and close at the same time. As one market finishes trading for the day, another is just getting started.

This creates almost continuous market activity from Monday morning through to Friday evening.

Understanding this daily cycle can help you:

- Know when the markets are busiest.
- Identify the best times to look for trading opportunities.
- Understand why prices can move quickly at certain times of the day.
- See how news and events in one part of the world can influence markets elsewhere.

What You'll Learn

In this section, we'll follow a typical trading week and explore:

- When different markets are most active.
- The role of stocks, indices, currencies, and commodities.
- Why some trading sessions offer more opportunities than others.

By the end, you'll have a better understanding of how the global markets operate and how traders use market timing to make more informed decisions.

Quick Tip:: *By the end, you'll have a better understanding of how the global markets operate and how traders use market timing to make more informed decisions.*

Horizon

The 24-Hour Trading Cycle

How the markets move through a typical trading week

Before learning how to trade, it helps to understand that financial markets operate in a continuous rhythm throughout the week. Different markets become more active at different times, creating a 24-hour trading cycle.

Individual Stocks
Shares of specific companies, such as Apple, Tesla, or Microsoft.

Stock Indices
Groups of stocks that represent a market, such as the S&P 500, FTSE 100, or Nasdaq.

Currencies (Forex)
The buying and selling of currencies, such as the US Dollar, Euro, or British Pound.

Commodities
Physical goods that are traded, such as gold, silver, oil, and natural gas.

Big Picture: How the Global Trading Day Flows

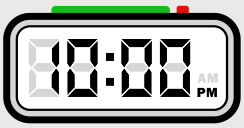
Markets operate in time-zone sequence (Asia → Europe → US)
This creates a near 24-hour trading cycle across weekdays
Activity naturally ebbs and flows with:

- Regional openings/closings
- Market overlaps
- News cycles

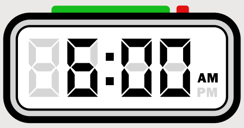
Horizon

Typical 24-hour cycle

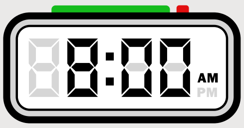
Time (London)	Main Activity	Market Conditions
10:00pm	Trading week begins	Low activity
12:00am – 6:00am	Asian session	Moderate activity
6:00am – 8:00am	Europe enters	Activity increases
8:00am – 12:00pm	London open	High activity
1:30pm – 4:00pm	London & New York overlap	Highest activity
4:00pm – 9:00pm	New York session	Strong activity
9:00pm – 10:00pm	Market slowdown	Lower activity



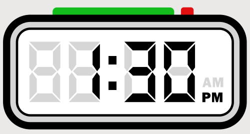
- Markets start to open in New Zealand and Australia.
- Forex trading becomes active as the new trading week begins.
- Some stock index futures also open.



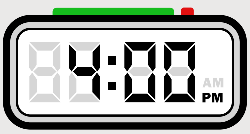
- Major financial centres such as Sydney, Tokyo, Hong Kong, and Singapore are active.
- Currencies involving the Japanese Yen, Australian Dollar, and New Zealand Dollar are often most active.



- Europe is awake.
- London officially opens and becomes the world's largest trading hub
- Traders in Frankfurt, Paris, Zurich, and other European financial centres begin their day.
- Trading activity starts to increase significantly.



- The US market opens while London is still active.
- Two of the world's largest financial centres are trading at the same time.



- London closes, but New York remains active.
- US stocks, indices, commodities, and currencies continue to trade.

Horizon

Benefits, Risks & Best Practice

Benefits:

Why traders use 24/5:

- ⏱️ Flexibility – trade anytime
- 🌎 Global access – align with your timezone
- ⚡ React instantly to:
    - News
    - Earnings
    - Economic data
- 🛡️ Better risk management (no waiting for markets to open)

Risks:

Key risks to manage:

- ⚖️ Lower liquidity
- 📉 Wider spreads
- 🎯 Slippage
- 📊 Higher volatility
- ↕️ Price gaps
- 😵 Operational fatigue

Off-hours trading = different market behaviour

Best practice approach:

How to trade effectively:

- Define specific trading windows
- Set risk limits & position size
- Use stop-loss + automation
- Monitor with alerts (not constant watching)

Practical Tips:

- Check platform availability
- Use smaller position sizes
- Leverage automation tools
- Track economic calendars

Quick Tip:: *24/5 trading offers flexibility and opportunity — but requires discipline, planning, and strong risk management.*

Horizon

Understanding Market Movement

Markets rarely move in a straight line. Prices rise, fall, and pull back as buyers and sellers react to news, events, and market sentiment.

While no one can predict exactly what will happen next, market behaviour often follows familiar patterns that traders can learn to recognise.

It's also important to know that markets aren't equally active throughout the day. Some periods offer more trading opportunities, while others can be much quieter.
Understanding these patterns and active trading times can help you make better trading decisions and use your time more effectively.

Let's look at how the markets typically behave throughout the trading week, from Sunday evening to Friday evening (London GMT).

Quick Tip:: *By the end, you'll have a better understanding of how the global markets operate and how traders use market timing to make more informed decisions.*