

NQ / ES Session Guide

Key session times, volume windows, and the events that move price.

KEY SESSION TIMES (UK time, GMT+0)

Session	Open (UK)	Close (UK)	Notes
Asia (Tokyo)	23:00	08:00	Quietest for NQ/ES. Range-bound.
London open	08:00	16:30	Volume picks up. Watch overnight levels.
NY pre-market	13:30	14:30	Economic data releases (NFP, CPI, etc.).
NY cash open	14:30	21:00	Peak NQ/ES volume. Opening range 14:30-15:00.
NY close	20:00	21:00	End-of-day positioning. Often reversals.
Globex resumes	23:00	next 22:00	After CME maintenance break.

US daylight saving (BST): subtract 1 hour from US-time events. Always verify with TradingView clock.

VOLUME WINDOWS (the times you actually want to be at the screen)

Window	Why it matters
14:30 - 15:30 UK	NY open. First-hour volume is the cleanest of the day.
15:30 - 17:00 UK	Mid-morning continuation or reversal of the opening range.
18:00 - 19:30 UK	Lunchtime in NY. Drifts and traps. Reduce size.
19:30 - 21:00 UK	Power hour. Late-day moves. Often the day's extremes.

HIGH-IMPACT ECONOMIC EVENTS (always know what's coming)

Event	Schedule	Time (UK)
Non-Farm Payrolls (NFP)	1st Friday of month	13:30
FOMC rate decision	8 times a year, Wed	19:00
FOMC press conference	after rate decision	19:30
CPI (US inflation)	monthly, ~10-15th	13:30
PCE (Fed's preferred)	monthly, end of month	13:30
GDP advance / final	quarterly	13:30
Unemployment Claims	every Thursday	13:30
ISM Manufacturing/Services	1st business day / 3rd	15:00

Rule of thumb: do not take new entries inside ± 5 minutes of any high-impact release.

VWAP RESET

Daily VWAP resets at the start of each CME session day. For most platforms, that's **23:00 UK (Globex open)**. The line you watch during the NY session was anchored 15.5 hours earlier.

Watch the relationship between price and VWAP for intraday bias. Price above VWAP = buyers in control. Crossing VWAP often coincides with intraday reversals.