

Time Zone Conversion Table

Country	Open GMT	Close GMT	Local Open	Local Close
Australia	23:00	8:00		
Tokyo	0:00	9:00		
London	8:00	17:00		
New York	13:00	22:00		

Simply add or subtract your Time Zone to convert to local time. For example Darwin Australia is +9.5 GMT therefore you would add 9.5 hours to each field to get local time if you lived in Darwin. For more tips tutorials and resources visit: <http://www.traineetrader.com>