



THURSDAY 03.04.2025
TRAINING PROGRAMME

COMPETITION AREA					WARM UP AREA	
Time	TRAMPOLINE		DMT	Time	TRAMPOLINE	
	TRA MEN	TRA LADIES			TRA MEN	TRA LADIES
				8.00 - 12.30	FREE TRAINING WORLD CUP	
9.30 - 13.30	FREE TRAINING WORLD CUP					
13.30 - 19.00				12.30 - 17.00		
19.00 - 21.00	FREE TRAINING WORLD CUP			17.00 - 21.00	FREE TRAINING WORLD CUP	

FRIDAY 04.04.2025 TRAINING PROGRAMME

COMPETITION AREA					WARM UP AREA		
Time	TRAMPOLINE		DMT	Time	TRAMPOLINE		
	TRA MEN	TRA LADIES			TRA MEN	TRA LADIES	
				8.00 - 8.45	TRA TRAINING GROUP 1	TRA TRAINING GROUP 1	
8.45 - 9.30	TRA TRAINING GROUP 1	TRA TRAINING GROUP 1	DMT TRAINING GROUP 1	8.45 - 9.30	TRA TRAINING GROUP 2	TRA TRAINING GROUP 2	
9.30 - 10.15	TRA TRAINING GROUP 2	TRA TRAINING GROUP 2	DMT TRAINING GROUP 2	9.30 - 10.15	TRA TRAINING GROUP 3	TRA TRAINING GROUP 3	
10.15 - 11.00	TRA TRAINING GROUP 3	TRA TRAINING GROUP 3	DMT TRAINING GROUP 3	10.15 - 11.00	TRA TRAINING GROUP 4	TRA TRAINING GROUP 4	
11.00 - 11.45	TRA TRAINING GROUP 4	TRA TRAINING GROUP 4	DMT TRAINING GROUP 4	11.00 - 11.45	TRA TRAINING GROUP 5	TRA TRAINING GROUP 5	
11.45 - 12.30	TRA TRAINING GROUP 5	TRA TRAINING GROUP 5	DMT TRAINING GROUP 5	11.45 - 12.30	TRA TRAINING GROUP 6	TRA TRAINING GROUP 6	
12.30 - 13.15	TRA TRAINING GROUP 6	TRA TRAINING GROUP 6	DMT TRAINING GROUP 6	12.30 - 13.15	TRA TRAINING GROUP 7	TRA TRAINING GROUP 7	
13.15 - 14.00	TRA TRAINING GROUP 7	TRA TRAINING GROUP 7	DMT TRAINING GROUP 7				
14.00 - 15.00		FREE TRAINING SYN MIX					
15.00 - 18.00					15.10 - 16.00		SYN MIX Q1 Group 1
					16.00 - 16.50		SYN MIX Q1 Group 2
18.00 - 20.00	FREE TRAINING WORLD CUP			18.00 - 20.00	FREE TRAINING WORLD CUP		

SATURDAY 05.04.2025 TRAINING PROGRAMME

COMPETITION AREA					WARM UP AREA	
Time	TRAMPOLINE		Time	DMT	Time	TRAMPOLINE
	TRA MEN	TRA LADIES				TRA MEN TRA LADIES
			8.10 - 9.00	DMT LADIES Qualification Group 1 Warm Up	8.10 - 9.00	Ind MEN Qualification Group 1 Ind LADIES Qualification Group 1
					9.00 - 9.50	Ind MEN Qualification Group 2 Ind LADIES Qualification Group 2
			9.50 - 10.40	DMT LADIES Qualification Group 2 Warm Up	9.50 - 10.40	Ind MEN Qualification Group 3 Ind LADIES Qualification Group 3
					10.40 - 11.30	Ind MEN Qualification Group 4
			12.10 - 13.00	DMT MEN Qualification Group 1 Warm Up	12.10 - 13.00	Ind MEN Qualification Group 5 Ind LADIES Qualification Group 4
			13.00 - 13.50		13.00 - 13.50	Ind MEN Qualification Group 6 Ind LADIES Qualification Group 5
			13.50 - 14.40	DMT MEN Qualification Group 2 Warm Up		
			15.30 - 16.20	DMT MEN Qualification Group 3 Warm Up		
			16.20 - 17.10		16.00 - 16.50	SYN MEN Q1 Group 1 SYN LADIES Q1 Group 1
					16.50 - 17.40	SYN MEN Q1 Group 2 SYN LADIES Q1 Group 2



COMPETITION AREA						WARM UP AREA						
Time	TRAMPOLINE		Time	DMT	Time	TRAMPOLINE		Time	LINE UP AREA			
	TRA MEN	TRA LADIES				TRA MEN	TRA LADIES					
9.20 - 10.00			9.20 - 11.30		9.20 - 10.00	Q2 - GROUP 1	Q2 - GROUP 1					
10.00 - 10.40					10.00 - 10.40	Q2 - GROUP 2	Q2 - GROUP 2					
10.40 - 11.20					10.40 - 11.30							
11.20 - 11.30												
11.30 - 14.00			11.30 - 13.30	FINALISTS FREE TRAINING	11.30 - 13.30	IND. FINALISTS FREE TRAINING		13.55 - 14.00	DMT LADIES FINAL LINE UP			
			13.30 - 14.00		13.30 - 14.00							
14.00 - 14.05			14.00 - 14.05		14.00 - 14.10							
14.05 - 14.40			14.05 - 14.40	DMT Ladies Final 1+2 (INC. WARM UP)	14.10 - 14.35		SYN LADIES FINAL WARM UP					
14.40 - 14.45					14.35 - 15.00	SYN MEN FINAL WARM UP		14.35 - 14.40	SYN LADIES FINAL LINE UP			
14.45 - 15.05									15.00 - 15.05	SYN MEN FINAL LINE UP		
15.05 - 15.10												
15.10 - 15.30										15.25 - 15.30	DMT MEN FINAL LINE UP	
15.30 - 15.35					15.30 - 15.35							
15.35 - 16.10			15.35 - 16.10	DMT Men Final 1+2 (INC. WARM UP)	15.40 - 16.05		IND LADIES FINAL WARM UP					
16.10 - 16.15					16.05 - 16.30	IND MEN FINAL WARM UP		16.05 - 16.10	IND LADIES FINAL LINE UP			
16.15 - 16.35										16.30 - 16.35	IND MEN FINAL LINE UP	
16.35 - 16.40						16.30 - 16.55			SYN MIX FINAL WARM UP			
16.40 - 17.00											16.55 - 17.00	SYN MIX FINAL LINE UP
17.00 - 17.05												
17.05 - 17.30												
17.30 - 18.00												