



Training Sessions

April 25, 2025



HOD & Coach MEETING / Rehearsals 10:00-10:45

GRP#	Feds/Routines	Warm-up (30m)			With Music/ Without Music (3m/Gymnast)			Transition (5m)	Stage Floor (3m/Gymnast)		
1	JPN Jr/Yo (12)	10:00	-	10:30	10:30	-	11:06		11:11	-	11:47
2	JPN Senior (10)	10:43	-	11:13	11:13	-	11:43		11:48	-	12:18
3	POR(5),AUS(5)	11:14	-	11:44	11:44	-	12:14		12:19	-	12:49
4	ITA(7),PER(3)	11:45	-	12:15	12:15	-	12:45		12:50	-	13:20
5	FRA(6),UKR(3)	12:19	-	12:49	12:49	-	13:16		13:21	-	13:48

Judge's PC Orientation 14:00-14:45

6	CHN(7),PHI(3)	13:45	-	14:15	14:15	-	14:45		14:50	-	15:20
7	AZE(7),BUL(3)	14:16	-	14:46	14:46	-	15:16		15:21	-	15:51
8	THA(9),FIJ(1)	14:47	-	15:17	15:17	-	15:47		15:52	-	16:22
9	HUN(6),MEX(5)	15:18	-	15:48	15:48	-	16:21		16:26	-	16:59
10	IND(6),VIE(5)	15:52	-	16:22	16:22	-	16:55		17:00	-	17:33
11	ESP(15)	16:26	-	16:56	16:56	-	17:41		17:46	-	18:31
12	TPE(14)	17:15	-	17:45	17:45	-	18:27		18:32	-	19:14