		PARKOUR World Cup Montpellier 2025				
		Wednesday 28 May	Thursday 29 May	Friday 30 May	Saturday 31 May	Sunday 1 June
07:00:00	07:15:00					
07:15:00	07:30:00					
07:30:00	07:45:00					
07:45:00	08:00:00					
08:00:00	08:15:00		ORIENTATION MEETING			
08:15:00	08:30:00					
08:30:00	08:45:00				Training Freestyle Women	
08:45:00	09:00:00					
09:00:00	09:15:00			Training Speed Women Gr1		
09:15:00	09:30:00					
09:30:00	09:45:00				Training Speed Men Gr1	
09:45:00	10:00:00					
10:00:00	10:15:00		Training Speed Men Gr1	Training Speed Women Gr2		Training Speed Men
10:15:00	10:30:00					
10:30:00	10:45:00				Training Speed Men Gr2	
10:45:00	11:00:00					
11:00:00	11:15:00		Training Freestyle Men Gr1	Training Freestyle Men Gr1		Training Freestyle Women
11:15:00	11:30:00					
11:30:00	11:45:00				Warm-up Freestyle Women	
11:45:00	12:00:00					
12:00:00	12:15:00		Training Speed Men Gr2	Training Freestyle Men Gr2	Qualification Freestyle Women	
12:15:00	12:30:00					
12:30:00	12:45:00					
12:45:00	13:00:00					
13:00:00	13:15:00		Training Freestyle Men Gr2	Warm-up Speed Women		
13:15:00	13:30:00					
13:30:00	13:45:00			Qualification Speed Women	Warm-up Speed Men	
13:45:00	14:00:00					
14:00:00	14:15:00	ARRIVAL OF DELEGATION	Training Speed Women Gr1		Qualification Speed Men	Training Speed Men
14:15:00	14:30:00					
14:30:00	14:45:00			Warm-up Freestyle Men Part1		Training Freestyle Women
14:45:00	15:00:00					
15:00:00	15:15:00		Training Freestyle Women Gr1	Qualification Freestyle Men Part 1		Touch Warm-up Speed Men
15:15:00	15:30:00					Semi-Final Speed Men
15:30:00	15:45:00					
15:45:00	16:00:00					Touch Warm-up Freestyle Women
16:00:00	16:15:00		Training Speed Women Gr2		Training Speed Women	FINAL Freestyle Women
16:15:00	16:30:00					
16:30:00	16:45:00				Training Freestyle Men	Touch Warm-up Speed Men
16:45:00	17:00:00			Warm-up Freestyle Men Part 2		FINAL Speed Men
17:00:00	17:15:00		Training Freestyle Women Gr2		Touch Warm-up Speed Women	Award Ceremony
17:15:00	17:30:00			Qualification Freestyle Men Part 2	Semi-Final Speed Women	
17:30:00	17:45:00					
17:45:00	18:00:00				Touch Warm-up Freestyle Men	
18:00:00	18:15:00				FINAL Freestyle Men	
18:15:00	18:30:00					
18:30:00	18:45:00				Touch Warm-up Speed Women	
18:45:00	19:00:00				FINAL Speed Women	
19:00:00	19:15:00				Award Ceremony	
19:15:00	19:30:00					
19:30:00	19:45:00					
19:45:00	20:00:00					
20:00:00	20:15:00					
20:15:00	20:30:00					
20:30:00	20:45:00					
20:45:00	21:00:00					