



The World Games 2025 - Chengdu (CHN)

TRAMPOLINE GYMNASTICS



Training schedule - 07.08.2025

TRAMPOLINE - SYNCHRO

Groups	Training Area (*) 60'			Competition Area 90'		
Group 1 Women	09:00	-	10:00	10:10	-	11:40
Group 2 Men	10:30	-	11:30	11:40	-	13:10
Group 1 Women	14:30	-	15:30	15:40	-	17:10
Group 2 Men	16:00	-	17:00	17:10	-	18:40

(*) Height of the venue limited to 9m

DOUBLE MINI-TRAMPOLINE

Federations	Training Area (*) 60'			Competition Area 90'		
Group 1 Women	09:00	-	10:00	10:10	-	11:40
Group 2 Men	10:30	-	11:30	11:40	-	13:10
Group 1 Women	14:30	-	15:30	15:40	-	17:10
Group 2 Men	16:00	-	17:00	17:10	-	18:40

TUMBLING

Federations	Training Area (*) 60'			Competition Area 90'		
Group 1 Women	09:00	-	10:00	10:10	-	11:40
Group 2 Men	10:30	-	11:30	11:40	-	13:10
Group 1 Women	14:30	-	15:30	15:40	-	17:10
Group 2 Men	16:00	-	17:00	17:10	-	18:40



The World Games 2025 - Chengdu (CHN) TRAMPOLINE GYMNASTICS



Training schedule - 08.08.2025 TRAMPOLINE - SYNCHRO

Groups	Training Area (*) 60'			Competition Area 90'		
Group 1 Women	09:00	-	10:00	10:10	-	11:40
Group 2 Men				11:40	-	13:10

(*) Height of the venue limited to 9m

DOUBLE MINI-TRAMPOLINE

Federations	Training Area (*) 60'			Competition Area 90'		
Group 1 Women	09:30	-	10:30	10:40	-	12:10
Group 2 Men	11:00	-	12:00	12:10	-	13:40

TUMBLING

Federations	Training Area (*) 60'			Competition Area 90'		
Group 1 Women	09:30	-	10:30	10:40	-	12:10
Group 2 Men	11:00	-	12:00	12:10	-	13:40



The World Games 2025 - Chengdu (CHN) TRAMPOLINE GYMNASTICS



Training schedule - 09.08.2025 TRAMPOLINE - SYNCHRO

Groups	Training Area (*) 60'			Competition Area 90'		
Group 1 Women	10:00	-	11:00	11:10	-	12:40

(*) Height of the venue limited to 9m

DOUBLE MINI-TRAMPOLINE

Federations	Training Area (*) 60'			Competition Area 90'		
Group 1 Women	09:00	-	10:00	10:10	-	11:40
Group 2 Men				11:40	-	13:10

TUMBLING

Federations	Training Area (*) 60'			Competition Area 90'		
Group 2 Men	09:00	-	10:00	10:10	-	11:40
Group 1 Women				11:40	-	13:10



The World Games 2025 - Chengdu (CHN) TRAMPOLINE GYMNASTICS



Training schedule - 10.08.2025

TRAMPOLINE - SYNCHRO

Groups	Training Area (*)		Competition Area 60'		
Group 1 Women			12:30	-	13:30

(*) Height of the venue limited to 9m

DOUBLE MINI-TRAMPOLINE

Federations	Training Area (*) 60'		Competition Area 60'		
Group 1 Women			12:30	-	13:30

TUMBLING

Federations	Training Area (*) 60'		Competition Area 60'		
Group 2 Men			12:30	-	13:30

Lausanne. 1 August 2025