

# DRAW

Subd. 1		Subd. 2		Subd. 3		Subd. 4		Subd. 5		Subd. 6		Subd. 7		Subd. 8	
<b>FX</b>	ALG	<b>FX</b>	CRO-SRI	<b>FX</b>	HUN	<b>FX</b>		<b>FX</b>	KOR-RSA	<b>FX</b>	BAN-THA	<b>FX</b>	POR-DEN	<b>FX</b>	AZE
<b>PH</b>	MAS-POL	<b>PH</b>	GBR-LTU	<b>PH</b>	CHI-MGL	<b>PH</b>	AIN2	<b>PH</b>	GER-CUB	<b>PH</b>	MEX-SGP	<b>PH</b>	ISR-VEN	<b>PH</b>	FIN
<b>SR</b>	JAM-SYR	<b>SR</b>	KAZ-VIE	<b>SR</b>	ITA	<b>SR</b>	NED-EGY	<b>SR</b>	ESP-CYP	<b>SR</b>	CZE-MAR	<b>SR</b>	AUS-SRB	<b>SR</b>	CHN
<b>VT</b>	JPN-AIN1	<b>VT</b>	BEL-NAM	<b>VT</b>	PER-MON	<b>VT</b>	NZL-ARM	<b>VT</b>	SUI	<b>VT</b>	COL-QAT	<b>VT</b>	INA	<b>VT</b>	TUR-CMR
<b>PB</b>	IRI	<b>PB</b>	BRA-JOR	<b>PB</b>	NOR	<b>PB</b>	TPE	<b>PB</b>	ISL-CAY	<b>PB</b>	SWE-LUX	<b>PB</b>	IND-PUR	<b>PB</b>	CAN
<b>HB</b>	GRE-PAN	<b>HB</b>	AUT	<b>HB</b>	UKR	<b>HB</b>	USA-LAT	<b>HB</b>	BUL-UZB	<b>HB</b>	PHI-ALB	<b>HB</b>	SLO-HKG	<b>HB</b>	FRA-TTO

## Competition

SUB 1  
SUB 2  
SUB 3  
SUB 4  
SUB 5  
SUB 6  
SUB 7  
SUB 8

FX	PH	SR	VT	PB	HB
ALG	MAS-POL	JAM-SYR	JPN-AIN1	IRI	GRE-PAN
CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR	AUT
HUN	CHI-MGL	ITA	PER-MON	NOR	UKR
	AIN2	NED-EGY	NZL-ARM	TPE	USA-LAT
KOR-RSA	GER-CUB	ESP-CYP	SUI	ISL-CAY	BUL-UZB
BAN-THA	MEX-SGP	CZE-MAR	COL-QAT	SWE-LUX	PHI-ALB
POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG
AZE	FIN	CHN	TUR-CMR	CAN	FRA-TTO



**53<sup>rd</sup>**  
**Artistic Gymnastics**  
**World Championships**  
 Jakarta 2025

Wednesday, 15 October 2025

	Stretching Area	Training Hall #1	Stretching Area	Training Hall #2	Warm-Up Hall	FOP
7:15:00						
7:30:00						
7:45:00						
8:00:00						
8:15:00						
8:30:00						
8:45:00	S-DIV 1 08:45-09:00		S-DIV 7 08:45-09:00			
9:00:00						
9:15:00						
9:30:00						
9:45:00						
10:00:00						
10:15:00						
10:30:00		S-DIV 1 09:00-12:00		S-DIV 7 09:00-12:00		
10:45:00						
11:00:00						
11:15:00						
11:30:00						
11:45:00	S-DIV 2 11:45-12:00		S-DIV 8 11:45-12:00			
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13:15:00		S-DIV 2 12:00-15:00		S-DIV 8 12:00-15:00		
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14:45:00	S-DIV 3 14:45-15:00		S-DIV 4 14:45-15:00			
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15:30:00						
15:45:00						
16:00:00						
16:15:00		S-DIV 3 15:00-18:00		S-DIV 4 15:00-18:00		
16:30:00						
16:45:00						
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17:15:00						
17:30:00						
17:45:00	S-DIV 5 17:45-18:00		S-DIV 6 17:45-18:00			
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18:45:00						
19:00:00						
19:15:00		S-DIV 5 18:00-21:00		S-DIV 6 18:00-21:00		
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MAG Training Day

	General Warm-up		Apparatus Training	
	Start	Finish	Start	Finish
S-DIV 1	8:45:00	9:00:00	9:00:00	12:00:00
S-DIV 2	11:45:00	12:00:00	12:00:00	15:00:00
S-DIV 3	14:45:00	15:00:00	15:00:00	18:00:00
S-DIV 4	14:45:00	15:00:00	15:00:00	18:00:00
S-DIV 5	17:45:00	18:00:00	18:00:00	21:00:00
S-DIV 6	17:45:00	18:00:00	18:00:00	21:00:00
S-DIV 7	8:45:00	9:00:00	9:00:00	12:00:00
S-DIV 8	11:45:00	12:00:00	12:00:00	15:00:00



### Training Hall #1

30 min/rotation		00:30		FX	PH	SR	VT	PB	HB
Subdivision 1		General Warm-up							
8:45	9:00								
9:00	9:30	ALG	MAS-POL	JAM-SYR	JPN-AIN1	IRI	GRE-PAN		
9:30	10:00	GRE-PAN	ALG	MAS-POL	JAM-SYR	JPN-AIN1	IRI		
10:00	10:30	IRI	GRE-PAN	ALG	MAS-POL	JAM-SYR	JPN-AIN1		
10:30	11:00	JPN-AIN1	IRI	GRE-PAN	ALG	MAS-POL	JAM-SYR		
11:00	11:30	JAM-SYR	JPN-AIN1	IRI	GRE-PAN	ALG	MAS-POL		
11:30	12:00	MAS-POL	JAM-SYR	JPN-AIN1	IRI	GRE-PAN	ALG		

30 min/rotation		00:30		FX	PH	SR	VT	PB	HB
Subdivision 2		General Warm-up							
11:45	12:00								
12:00	12:30	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR	AUT		
12:30	13:00	AUT	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR		
13:00	13:30	BRA-JOR	AUT	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM		
13:30	14:00	BEL-NAM	BRA-JOR	AUT	CRO-SRI	GBR-LTU	KAZ-VIE		
14:00	14:30	KAZ-VIE	BEL-NAM	BRA-JOR	AUT	CRO-SRI	GBR-LTU		
14:30	15:00	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR	AUT	CRO-SRI		

30 min/rotation		00:30		FX	PH	SR	VT	PB	HB
Subdivision 3		General Warm-up							
14:45	15:00								
15:00	15:30	HUN	CHI-MGL	ITA	PER-MON	NOR	UKR		
15:30	16:00	UKR	HUN	CHI-MGL	ITA	PER-MON	NOR		
16:00	16:30	NOR	UKR	HUN	CHI-MGL	ITA	PER-MON		
16:30	17:00	PER-MON	NOR	UKR	HUN	CHI-MGL	ITA		
17:00	17:30	ITA	PER-MON	NOR	UKR	HUN	CHI-MGL		
17:30	18:00	CHI-MGL	ITA	PER-MON	NOR	UKR	HUN		

30 min/rotation		00:30		FX	PH	SR	VT	PB	HB
Subdivision 5		General Warm-up							
17:45	18:00								
18:00	18:30	KOR-RSA	GER-CUB	ESP-CYP	SUI	ISL-CAY	BUL-UZB		
18:30	19:00	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP	SUI	ISL-CAY		
19:00	19:30	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP	SUI		
19:30	20:00	SUI	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP		
20:00	20:30	ESP-CYP	SUI	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB		
20:30	21:00	GER-CUB	ESP-CYP	SUI	ISL-CAY	BUL-UZB	KOR-RSA		

### Training Hall #2

30 min/rotation		00:30		FX	PH	SR	VT	PB	HB
Subdivision 7		General Warm-up							
8:45	9:00								
9:00	9:30	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG		
9:30	10:00	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR		
10:00	10:30	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA		
10:30	11:00	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB		
11:00	11:30	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN		
11:30	12:00	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN		

30 min/rotation		00:30		FX	PH	SR	VT	PB	HB
Subdivision 8		General Warm-up							
11:45	12:00								
12:00	12:30	AZE	FIN	CHN	TUR-CMR	CAN	FRA-TTO		
12:30	13:00	FRA-TTO	AZE	FIN	CHN	TUR-CMR	CAN		
13:00	13:30	CAN	FRA-TTO	AZE	FIN	CHN	TUR-CMR		
13:30	14:00	TUR-CMR	CAN	FRA-TTO	AZE	FIN	CHN		
14:00	14:30	CHN	TUR-CMR	CAN	FRA-TTO	AZE	FIN		
14:30	15:00	FIN	CHN	TUR-CMR	CAN	FRA-TTO	AZE		

30 min/rotation		00:30		FX	PH	SR	VT	PB	HB
Subdivision 4		General Warm-up							
14:45	15:00								
15:00	15:30		AIN2	NED-EGY	NZL-ARM	TPE	USA-LAT		
15:30	16:00	USA-LAT		AIN2	NED-EGY	NZL-ARM	TPE		
16:00	16:30	TPE	USA-LAT		AIN2	NED-EGY	NZL-ARM		
16:30	17:00	NZL-ARM	TPE	USA-LAT		AIN2	NED-EGY		
17:00	17:30	NED-EGY	NZL-ARM	TPE	USA-LAT		AIN2		
17:30	18:00	AIN2	NED-EGY	NZL-ARM	TPE	USA-LAT			

30 min/rotation		00:30		FX	PH	SR	VT	PB	HB
Subdivision 6		General Warm-up							
17:45	18:00								
18:00	18:30	BAN-THA	MEX-SGP	CZE-MAR	COL-QAT	SWE-LUX	PHI-ALB		
18:30	19:00	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR	COL-QAT	SWE-LUX		
19:00	19:30	SWE-LUX	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR	COL-QAT		
19:30	20:00	COL-QAT	SWE-LUX	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR		
20:00	20:30	CZE-MAR	COL-QAT	SWE-LUX	PHI-ALB	BAN-THA	MEX-SGP		
20:30	21:00	MEX-SGP	CZE-MAR	COL-QAT	SWE-LUX	PHI-ALB	BAN-THA		

Thursday, 16 October 2025									
Stretching Judo	Training Hall #1	Stretching Judo	Training Hall #2	Warm-up Judo	FOP				
7:15:00									
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MAG Podium Training Sub 1-6

General Warm-up		Apparatus Training		Warm-up		FOP	
Start	Finish	Start	Finish	Start	Finish	Start	Finish
S-DIV 1	16:00:00	16:15:00	16:15:00	16:15:00	16:15:00	16:15:00	16:15:00
S-DIV 2	17:30:00	17:45:00	17:45:00	17:45:00	17:45:00	17:45:00	17:45:00
S-DIV 3	20:00:00	20:15:00	20:15:00	20:15:00	20:15:00	20:15:00	20:15:00
S-DIV 4	8:30:00	8:45:00	8:45:00	8:45:00	8:45:00	8:45:00	8:45:00
S-DIV 5	11:00:00	11:15:00	11:15:00	11:15:00	11:15:00	11:15:00	11:15:00
S-DIV 6	12:45:00	13:00:00	13:00:00	13:00:00	13:00:00	13:00:00	13:00:00
S-DIV 7	8:45:00	9:00:00	9:00:00	9:00:00	9:00:00	9:00:00	9:00:00
S-DIV 8	11:45:00	12:00:00	12:00:00	12:00:00	12:00:00	12:00:00	12:00:00

Training Hall #1

30 min/rotation		00:30					
Subdivision 7		FX	PH	SR	VT	PB	HB
8:45 9:00		General Warm-up					
9:00	9:30	POR-DEN	SRV-EN	AUS-SRB	INA	IND-PUR	SLO-HKG
9:30	10:00	SLO-HKG	POR-DEN	SRV-EN	AUS-SRB	INA	IND-PUR
10:00	10:30	IND-PUR	SLO-HKG	POR-DEN	SRV-EN	AUS-SRB	INA
10:30	11:00	INA	IND-PUR	SLO-HKG	POR-DEN	SRV-EN	AUS-SRB
11:00	11:30	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN	SRV-EN
11:30	12:00	SRV-EN	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN



53<sup>rd</sup>  
Artistic Gymnastics  
World Championships  
Jakarta 2025

Training Hall #2

15 min/rotation										00:15			
Subdivision 4		FX	PH	SR	VT	PB	HB						
8:45		9:00		General Warm-up									
9:00		9:15		AIN2		NED-EGY		NZL-ARM		TPE		USA-LAT	
9:15		9:30		USA-LAT		AIN2		NED-EGY		NZL-ARM		TPE	
9:30		9:45		TPE		USA-LAT		AIN2		NED-EGY		NZL-ARM	
9:45		10:00		NZL-ARM		TPE		USA-LAT		AIN2		NED-EGY	
10:00		10:15		NED-EGY		NZL-ARM		TPE		USA-LAT		AIN2	
10:15		10:30		AIN2		NED-EGY		NZL-ARM		TPE		USA-LAT	

Training Hall #1

Subdivision 8		FX	PH	SR	VT	PB	HB
11:45	12:00	General Warm-up					
12:00	12:30	AZE	FIN	CHN	TUR-CMR	CAN	FRA-TTO
12:30	13:00	FRA-TTO	AZE	FIN	CHN	TUR-CMR	CAN
13:00	13:30	CAN	FRA-TTO	AZE	FIN	CHN	TUR-CMR
13:30	14:00	TUR-CMR	CAN	FRA-TTO	AZE	FIN	CHN
14:00	14:30	CHN	TUR-CMR	CAN	FRA-TTO	AZE	FIN
14:30	15:00	FIN	CHN	TUR-CMR	CAN	FRA-TTO	AZE

Training Hall #2

Subdivision 5		FX	PH	SR	VT	PB	HB
General Warm-up							
11:00	11:15						
11:15	11:30	KOR-RSA	GER-CUB	ESP-CYP	SUI	ISL-CAY	BUL-UZB
11:30	11:45	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP	SUI	ISL-CAY
11:45	12:00	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP	SUI
12:00	12:15	SUI	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP
12:15	12:30	ESP-CYP	SUI	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB
12:30	12:45	GER-CUB	ESP-CYP	SUI	ISL-CAY	BUL-UZB	KOR-RSA

Training Hall #1

Subdivision 1		FX	PH	SR	VT	PB	HB
16:00	16:15	General Warm-up					
16:15	16:30	ALG	MAS-POL	JAM-SYR	JPN-AIN1	IRI	GRE-PAN
16:30	16:45	GRE-PAN	ALG	MAS-POL	JAM-SYR	JPN-AIN1	IRI
16:45	17:00	IRI	GRE-PAN	ALG	MAS-POL	JAM-SYR	JPN-AIN1
17:00	17:15	JPN-AIN1	IRI	GRE-PAN	ALG	MAS-POL	JAM-SYR
17:15	17:30	JAM-SYR	JPN-AIN1	IRI	GRE-PAN	ALG	MAS-POL
17:30	17:45	MAS-POL	JAM-SYR	JPN-AIN1	IRI	GRE-PAN	ALG

Training Hall #2

Subdivision 6		FX	PH	SR	VT	PB	HB
12:45	13:00	General Warm-up					
13:00	13:15	BAN-THA	MEX-SGP	CZE-MAR	COL-QAT	SWE-LUX	PHI-ALB
13:15	13:30	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR	COL-QAT	SWE-LUX
13:30	13:45	SWE-LUX	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR	COL-QAT
13:45	14:00	COL-QAT	SWE-LUX	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR
14:00	14:15	CZE-MAR	COL-QAT	SWE-LUX	PHI-ALB	BAN-THA	MEX-SGP
14:15	14:30	MEX-SGP	CZE-MAR	COL-QAT	SWE-LUX	PHI-ALB	BAN-THA

Training Hall #1

Subdivision 3		FX	PH	SR	VT	PB	HB
20:00	20:15	General Warm-up					
20:15	20:30	HUN	CHM-GL	ITA	PER-MON	NOR	UKR
20:30	20:45	UKR	HUN	CHM-GL	ITA	PER-MON	NOR
20:45	21:00	NOR	UKR	HUN	CHM-GL	ITA	PER-MON
21:00	21:15	PER-MON	NOR	UKR	HUN	CHM-GL	ITA
21:15	21:30	ITA	PER-MON	NOR	UKR	HUN	CHM-GL
21:30	21:45	CHM-GL	ITA	PER-MON	NOR	UKR	HUN

Friday, 17 October 2025						
Stretching Appt.	Training Hall #1	Stretching Appt.	Training Hall #2	Warm-up Rm.	FOP	
7:15:00						
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MAG Podium Training Sub 7-8

General Warm-up		Apparatus Training		Warm-up		FOP	
Start	Finish	Start	Finish	Start	Finish	Start	Finish
S-DIV 1	8:45:00	9:00:00	9:00:00				
S-DIV 2	10:45:00	11:00:00	11:00:00				
S-DIV 3	12:45:00	13:00:00	13:00:00				
S-DIV 4	14:15:00	14:30:00	14:30:00				
S-DIV 5	17:45:00	18:00:00	18:00:00				
S-DIV 6	18:45:00	19:00:00	19:00:00				
S-DIV 7	16:30:00	16:15:00	16:15:00	8:15:00	9:45:00	10:00:00	11:40:00
S-DIV 8	17:15:00	17:30:00	17:30:00	10:05:00	11:35:00	11:50:00	13:30:00

Training Hall #1

30 min/rotation	00:30	FX	PH	SR	VT	PB	HB
Subdivision 1	General Warm-up						
8:45	9:00	ALG	MAS-POL	JAM-SYR	JPN-AIN1	IRI	GRE-PAN
9:30	10:00	GRE-PAN	ALG	MAS-POL	JAM-SYR	JPN-AIN1	IRI
10:00	10:30	IRI	GRE-PAN	ALG	MAS-POL	JAM-SYR	JPN-AIN1
10:30	11:00	JPN-AIN1	IRI	GRE-PAN	ALG	MAS-POL	JAM-SYR
11:00	11:30	JAM-SYR	JPN-AIN1	IRI	GRE-PAN	ALG	MAS-POL
11:30	12:00	MAS-POL	JAM-SYR	JPN-AIN1	IRI	GRE-PAN	ALG

30 min/rotation 00:30

Subdivision 3		FX	PH	SR	VT	PB	HB
General Warm-up							
12:45	13:00						
13:00	13:30	HUN	CHI-MGL	ITA	PER-MON	NOR	UKR
13:30	14:00	UKR	HUN	CHI-MGL	ITA	PER-MON	NOR
14:00	14:30	NOR	UKR	HUN	CHI-MGL	ITA	PER-MON
14:30	15:00	PER-MON	NOR	UKR	HUN	CHI-MGL	ITA
15:00	15:30	ITA	PER-MON	NOR	UKR	HUN	CHI-MGL
15:30	16:00	CHI-MGL	ITA	PER-MON	NOR	UKR	HUN

15 min/rotation 00:15

16:00	16:15	General Warm-up					
16:15	16:30	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG
16:30	16:45	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR
16:45	17:00	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA
17:00	17:15	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB
17:15	17:30	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN
17:30	17:45	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN

30 min/rotation 00:30

		FX	PH	General Warm-up				PD	HD
17:45	18:00								
18:00	18:30	KOR-RSA	GER-CUB	ESP-CYP	SUI	ISL-CAY	BUL-UZB		
18:30	19:00	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP	SUI	ISL-CAY		
19:00	19:30	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP	SUI		
19:30	20:00	SUI	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP		
20:00	20:30	ESP-CYP	SUI	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB		
20:30	21:00	GER-CUB	ESP-CYP	SUI	ISL-CAY	BUL-UZB	KOR-RSA		

Training Hall #2

30 min/rotation	00:30	FX	PH	SR	VT	PB	HB
Subdivision 2	General Warm-up						
10:45	11:00	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR	AUT
11:00	11:30	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR	AUT
11:30	12:00	AUT	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR
12:00	12:30	BRA-JOR	AUT	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM
12:30	13:00	BEL-NAM	BRA-JOR	AUT	CRO-SRI	GBR-LTU	KAZ-VIE
13:00	13:30	KAZ-VIE	BEL-NAM	BRA-JOR	AUT	CRO-SRI	GBR-LTU
13:30	14:00	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR	AUT	CRO-SRI

30 min/rotation 00:30

	FX	PH	SR	VT	PB	HB
	General Warm-up					
14:15	14:30					
14:30	15:00		AIN2	NED-EGY	NZL-ARM	TPE
15:00	15:30	USA-LAT		AIN2	NED-EGY	NZL-ARM
15:30	16:00	TPE	USA-LAT		AIN2	NED-EGY
16:00	16:30	NZL-ARM	TPE	USA-LAT		AIN2
16:30	17:00	NED-EGY	NZL-ARM	TPE	USA-LAT	
17:00	17:30	AIN2	NED-EGY	NZL-ARM	TPE	USA-LAT

15 min/rotation 00:15

General Warm-up							
17:15	17:30	AZE	FIN	CHN	TUR-CMR	CAN	FRA-TTO
17:30	17:45	AZE	FIN	CHN	TUR-CMR	CAN	FRA-TTO
17:45	18:00	FRA-TTO	AZE	FIN	CHN	TUR-CMR	CAN
18:00	18:15	CAN	FRA-TTO	AZE	FIN	CHN	TUR-CMR
18:15	18:30	TUR-CMR	CAN	FRA-TTO	AZE	FIN	CHN
18:30	18:45	CHN	TUR-CMR	CAN	FRA-TTO	AZE	FIN
18:45	19:00	FIN	CHN	TUR-CMR	CAN	FRA-TTO	AZE

30 min/rotation 00:30

		FX	PH	SR	VT	PB	HB
18:45	19:00	General Warm-up					
19:00	19:30	BAN-THA	MEX-SGP	CZE-MAR	COL-QAT	SWI-LUX	PHI-ALB
19:30	20:00	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR	COL-QAT	SWI-LUX
20:00	20:30	SWI-LUX	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR	COL-QAT
20:30	21:00	COL-QAT	SWI-LUX	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR
21:00	21:30	CZE-MAR	COL-QAT	SWI-LUX	PHI-ALB	BAN-THA	MEX-SGP
21:30	22:00	MEX-SGP	CZE-MAR	COL-QAT	SWI-LUX	PHI-ALB	BAN-THA



Warm-up

12 min and 30 sec/rot	00:12	FX	PH	SR	VT	PB	HB
Subdivision 7	General Warm-up						
8:15	8:30						
8:30	8:42	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR
8:42	8:55	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA
8:55	9:07	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB
9:07	9:20	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN
9:20	9:32	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN
9:32	9:45	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG

12 min and 30 sec/rot 00:12

		FX	PH	SR	VT	PB	HB
		General Warm-up					
10:05	10:20						
10:20	10:32	FRA-TTO	AZE	FIN	CHN	TUR-CMR	CAN
10:32	10:45	CAN	FRA-TTO	AZE	FIN	CHN	TUR-CMR
10:45	10:57	TUR-CMR	CAN	FRA-TTO	AZE	FIN	CHN
10:57	11:10	CHN	TUR-CMR	CAN	FRA-TTO	AZE	FIN
11:10	11:22	FIN	CHN	TUR-CMR	CAN	FRA-TTO	AZE
11:22	11:35	AZE	FIN	CHN	TUR-CMR	CAN	FRA-TTO

FOP

16 min 40 sec/rot	00:16	FX	PH	SR	VT	PB	HB
Subdivision 7	Transition Podium						
9:45	10:00						
10:00	10:16	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG
10:16	10:33	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR
10:33	10:50	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA
10:50	11:08	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB
11:08	11:23	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN
11:23	11:40	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN

16 min 40 sec/rot 00:16

		FX	PH	SR	VT	PB	HB
		Transition Podium					
11:35	11:50						
11:50	12:06	AZE	FIN	CHN	TUR-CMR	CAN	FRA-TTO
12:06	12:23	FRA-TTO	AZE	FIN	CHN	TUR-CMR	CAN
12:23	12:40	CAN	FRA-TTO	AZE	FIN	CHN	TUR-CMR
12:40	12:56	TUR-CMR	CAN	FRA-TTO	AZE	FIN	CHN
12:56	13:13	CHN	TUR-CMR	CAN	FRA-TTO	AZE	FIN
13:13	13:30	FIN	CHN	TUR-CMR	CAN	FRA-TTO	AZE

Saturday, 18 October 2025

	Stretching Area	Training Hall #1	Stretching Area	Training Hall #2	Warm-Up Hall	FOP
7:15:00						
7:30:00						
7:45:00						
8:00:00						
8:15:00						
8:30:00						
8:45:00	S-DIV 7 08:45-09:00		S-DIV 1 08:45-09:00			
9:00:00						
9:15:00						
9:30:00						
9:45:00						
10:00:00						
10:15:00						
10:30:00		S-DIV 7 09:00-12:00		S-DIV 1 09:00-12:00		
10:45:00						
11:00:00						
11:15:00						
11:30:00						
11:45:00	S-DIV 8 11:45-12:00		S-DIV 2 11:45-12:00			
12:00:00						
12:15:00						
12:30:00						
12:45:00						
13:00:00						
13:15:00		S-DIV 8 12:00-15:00		S-DIV 2 12:00-15:00		
13:30:00						
13:45:00						
14:00:00						
14:15:00						
14:30:00						
14:45:00	S-DIV 4 14:45-15:00		S-DIV 3 14:45-15:00			
15:00:00						
15:15:00						
15:30:00						
15:45:00						
16:00:00						
16:15:00		S-DIV 4 15:00-18:00		S-DIV 3 15:00-18:00		
16:30:00						
16:45:00						
17:00:00						
17:15:00						
17:30:00						
17:45:00	S-DIV 6 17:45-18:00		S-DIV 5 17:45-18:00			
18:00:00						
18:15:00						
18:30:00						
18:45:00						
19:00:00						
19:15:00		S-DIV 6 18:00-21:00		S-DIV 5 18:00-21:00		
19:30:00						
19:45:00						
20:00:00						
20:15:00						
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21:15:00						
21:30:00						
21:45:00						
22:00:00						
22:15:00						
22:30:00						
22:45:00						
23:00:00						

MAG Training Day

	General Warm-up		Apparatus Training	
	Start	Finish	Start	Finish
S-DIV 1	8:45:00	9:00:00	9:00:00	12:00:00
S-DIV 2	11:45:00	12:00:00	12:00:00	15:00:00
S-DIV 3	14:45:00	15:00:00	15:00:00	18:00:00
S-DIV 4	14:45:00	15:00:00	15:00:00	18:00:00
S-DIV 5	17:45:00	18:00:00	18:00:00	21:00:00
S-DIV 6	17:45:00	18:00:00	18:00:00	21:00:00
S-DIV 7	8:45:00	9:00:00	9:00:00	12:00:00
S-DIV 8	11:45:00	12:00:00	12:00:00	15:00:00

Training Hall #1

30 min/rotation		00:30					
Subdivision 7		FX	PH	SR	VT	PB	HB
8:45	9:00	General Warm-up					
9:00	9:30	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG
9:30	10:00	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR
10:00	10:30	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA
10:30	11:00	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB
11:00	11:30	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN
11:30	12:00	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN

30 min/rotation		00:30					
Subdivision 8		FX	PH	SR	VT	PB	HB
11:45	12:00	General Warm-up					
12:00	12:30	AZE	FIN	CHN	TUR-CMR	CAN	FRA-TTO
12:30	13:00	FRA-TTO	AZE	FIN	CHN	TUR-CMR	CAN
13:00	13:30	CAN	FRA-TTO	AZE	FIN	CHN	TUR-CMR
13:30	14:00	TUR-CMR	CAN	FRA-TTO	AZE	FIN	CHN
14:00	14:30	CHN	TUR-CMR	CAN	FRA-TTO	AZE	FIN
14:30	15:00	FIN	CHN	TUR-CMR	CAN	FRA-TTO	AZE

30 min/rotation		00:30					
Subdivision 4		FX	PH	SR	VT	PB	HB
14:45	15:00	General Warm-up					
15:00	15:30		AIN2	NED-EGY	NZL-ARM	TPE	USA-LAT
15:30	16:00	USA-LAT		AIN2	NED-EGY	NZL-ARM	TPE
16:00	16:30	TPE	USA-LAT		AIN2	NED-EGY	NZL-ARM
16:30	17:00	NZL-ARM	TPE	USA-LAT		AIN2	NED-EGY
17:00	17:30	NED-EGY	NZL-ARM	TPE	USA-LAT		AIN2
17:30	18:00	AIN2	NED-EGY	NZL-ARM	TPE	USA-LAT	

30 min/rotation		00:30					
Subdivision 6		FX	PH	SR	VT	PB	HB
17:45	18:00	General Warm-up					
18:00	18:30	BAN-THA	MEX-SGP	CZE-MAR	COL-QAT	SWE-LUX	PHI-ALB
18:30	19:00	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR	COL-QAT	SWE-LUX
19:00	19:30	SWE-LUX	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR	COL-QAT
19:30	20:00	COL-QAT	SWE-LUX	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR
20:00	20:30	CZE-MAR	COL-QAT	SWE-LUX	PHI-ALB	BAN-THA	MEX-SGP
20:30	21:00	MEX-SGP	CZE-MAR	COL-QAT	SWE-LUX	PHI-ALB	BAN-THA



Training Hall #2

30 min/rotation		00:30					
Subdivision 1		FX	PH	SR	VT	PB	HB
8:45	9:00	General Warm-up					
9:00	9:30	ALG	MAS-POL	JAM-SYR	JPN-AIN1	IRI	GRE-PAN
9:30	10:00	GRE-PAN	ALG	MAS-POL	JAM-SYR	JPN-AIN1	IRI
10:00	10:30	IRI	GRE-PAN	ALG	MAS-POL	JAM-SYR	JPN-AIN1
10:30	11:00	JPN-AIN1	IRI	GRE-PAN	ALG	MAS-POL	JAM-SYR
11:00	11:30	JAM-SYR	JPN-AIN1	IRI	GRE-PAN	ALG	MAS-POL
11:30	12:00	MAS-POL	JAM-SYR	JPN-AIN1	IRI	GRE-PAN	ALG

30 min/rotation		00:30					
Subdivision 2		FX	PH	SR	VT	PB	HB
11:45	12:00	General Warm-up					
12:00	12:30	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR	AUT
12:30	13:00	AUT	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR
13:00	13:30	BRA-JOR	AUT	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM
13:30	14:00	BEL-NAM	BRA-JOR	AUT	CRO-SRI	GBR-LTU	KAZ-VIE
14:00	14:30	KAZ-VIE	BEL-NAM	BRA-JOR	AUT	CRO-SRI	GBR-LTU
14:30	15:00	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR	AUT	CRO-SRI

30 min/rotation		00:30					
Subdivision 3		FX	PH	SR	VT	PB	HB
14:45	15:00	General Warm-up					
15:00	15:30	HUN	CHI-MGL	ITA	PER-MON	NOR	UKR
15:30	16:00	UKR	HUN	CHI-MGL	ITA	PER-MON	NOR
16:00	16:30	NOR	UKR	HUN	CHI-MGL	ITA	PER-MON
16:30	17:00	PER-MON	NOR	UKR	HUN	CHI-MGL	ITA
17:00	17:30	ITA	PER-MON	NOR	UKR	HUN	CHI-MGL
17:30	18:00	CHI-MGL	ITA	PER-MON	NOR	UKR	HUN

30 min/rotation		00:30					
Subdivision 5		FX	PH	SR	VT	PB	HB
17:45	18:00	General Warm-up					
18:00	18:30	KOR-RSA	GER-CUB	ESP-CYP	SUI	ISL-CAY	BUL-UZB
18:30	19:00	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP	SUI	ISL-CAY
19:00	19:30	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP	SUI
19:30	20:00	SUI	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP
20:00	20:30	ESP-CYP	SUI	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB
20:30	21:00	GER-CUB	ESP-CYP	SUI	ISL-CAY	BUL-UZB	KOR-RSA

Sunday, 19 October 2025									
Stretching Japz	Training Hall #1	Stretching Japz	Training Hall #2	Warm-Up Hall	FOP				
17:00									
17:30									
7:45									
8:00									
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21:45									
22:00									
22:15									
22:30									
22:45									
23:00									

MAG Qualifications Sub 1-6									
General Warm-up					Apparatus Training				
Start	Finish	Start	Finish	Start	Finish	Start	Finish	Start	Finish
S-DIV 1	16:00:00	16:15:00	16:15:00	17:45:00	8:15:00	9:45:00	10:00:00	11:45:00	11:45:00
S-DIV 2	17:30:00	17:45:00	17:45:00	19:15:00	10:05:00	11:35:00	11:50:00	13:30:00	13:30:00
S-DIV 3	20:00:00	20:15:00	20:15:00	21:45:00	12:30:00	14:00:00	14:15:00	15:55:00	15:55:00
S-DIV 4	8:30:00	8:45:00	8:45:00	10:15:00	12:00:00	12:15:00	12:30:00	14:10:00	14:10:00
S-DIV 5	11:00:00	11:15:00	11:15:00	12:45:00	16:45:00	18:15:00	18:30:00	20:10:00	20:10:00
S-DIV 6	12:45:00	13:00:00	13:00:00	14:30:00	18:35:00	20:05:00	20:20:00	22:00:00	22:00:00
S-DIV 7	8:45:00	9:00:00	9:00:00	12:00:00					
S-DIV 8	11:45:00	12:00:00	12:00:00	15:00:00					

Training Hall #1									
30 min/rotation		00:30							
Subdivision 7		FX	PH	SR	VT	PB	HB		
8:45	9:00	General Warm-up							
9:00	9:30	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG		
9:30	10:00	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR		
10:00	10:30	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA		
10:30	11:00	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB		
11:00	11:30	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN		
11:30	12:00	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN		

Training Hall #2							
15 min/rotation		00:15					
Subdivision 4	FX	PH	SR	VT	PB	HB	
General Warm-up							
8:45	9:00						
9:00	9:15		AIN2	NED-EGY	NZL-ARM	TPE	USA-LAT
9:15	9:30	USA-LAT	AIN2	NED-EGY	NZL-ARM	TPE	USA-LAT
9:30	9:45	TPE	USA-LAT	AIN2	NED-EGY	NZL-ARM	TPE
9:45	10:00	NZL-ARM	TPE	USA-LAT	AIN2	NED-EGY	NZL-ARM
10:00	10:15	NED-EGY	NZL-ARM	TPE	USA-LAT	AIN2	
10:15	10:30	AIN2	NED-EGY	NZL-ARM	TPE	USA-LAT	

30 min/rotation		00:30							
Subdivision 8		FX	PH	SR	VT	PB	HB		
11:45	12:00	General Warm-up							
12:00	12:30	AZE	FIN	CHN	TUR-CMR	CAN	FRA-TTO		
12:30	13:00	FRA-TTO	AZE	FIN	CHN	TUR-CMR	CAN		
13:00	13:30	CAN	FRA-TTO	AZE	FIN	CHN	TUR-CMR		
13:30	14:00	TUR-CMR	CAN	FRA-TTO	AZE	FIN	CHN		
14:00	14:30	CHN	TUR-CMR	CAN	FRA-TTO	AZE	FIN		
14:30	15:00	FIN	CHN	TUR-CMR	CAN	FRA-TTO	AZE		

15 min/rotation		00:15								
Subdivision 5		FX	PH	SR	VT	PB	HB			
11:00	11:15	General Warm-up								
11:15	11:30	KOR-RSA	GER-CUB	ESP-CYP	SUI	ISL-CAY	BUL-UZB			
11:30	11:45	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP	SUI	ISL-CAY			
11:45	12:00	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP	SUI			
12:00	12:15	SUI	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP			
12:15	12:30	ESP-CYP	SUI	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB			
12:30	12:45	GER-CUB	ESP-CYP	SUI	ISL-CAY	BUL-UZB	KOR-RSA			

15 min/rotation		00:15					
Subdivision 1		FX	PH	SR	VT	PB	HB
General Warm-up							
16:00	16:15						
16:15	16:30	ALG	MAS-POL	JAM-SYR	JPN-AIN1	IRI	GRE-PAN
16:30	16:45	GRE-PAN	ALG	MAS-POL	JAM-SYR	JPN-AIN1	IRI
16:45	17:00	IRI	GRE-PAN	ALG	MAS-POL	JAM-SYR	JPN-AIN1
17:00	17:15	JPN-AIN1	IRI	GRE-PAN	ALG	MAS-POL	JAM-SYR
17:15	17:30	JAM-SYR	JPN-AIN1	IRI	GRE-PAN	ALG	MAS-POL
17:30	17:45	MAS-POL	JAM-SYR	JPN-AIN1	IRI	GRE-PAN	ALG

15 min/rotation		00:15							
Subdivision 6		FX	PH	SR	VT	PB	HB		
		General Warm-up							
12:45	13:00								
13:00	13:15	BAN-THA	MEX-SGP	CZE-MAR	COL-QAT	SWE-LUX	PHI-ALB		
13:15	13:30	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR	COL-QAT	SWE-LUX		
13:30	13:45	SWE-LUX	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR	COL-QAT		
13:45	14:00	COL-QAT	SWE-LUX	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR		
14:00	14:15	CZE-MAR	COL-QAT	SWE-LUX	PHI-ALB	BAN-THA	MEX-SGP		
14:15	14:30	MEX-SGP	CZE-MAR	COL-QAT	SWE-LUX	PHI-ALB	BAN-THA		

15 min/rotation		00:15					
Subdivision 3		FX	PH	SR	VT	PB	HB
		General Warm-up					
20:00	20:15						
20:15	20:30	HUN	CHM-MGL	ITA	PER-MON	NOR	UKR
20:30	20:45	UKR	HUN	CHM-MGL	ITA	PER-MON	NOR
20:45	21:00	NOR	UKR	HUN	CHM-MGL	ITA	PER-MON
21:00	21:15	PER-MON	NOR	UKR	HUN	CHM-MGL	ITA
21:15	21:30	ITA	PER-MON	NOR	UKR	HUN	CHM-MGL
21:30	21:45	CHM-MGL	ITA	PER-MON	NOR	UKR	HUN

15 min/rotation		00:15							
Subdivision 2		FX	PH	SR	VT	PB	HB		
17:30	17:45	General Warm-up							
17:45	18:00	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR	AUT		
18:00	18:15	AUT	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR		
18:15	18:30	BRA-JOR	AUT	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM		
18:30	18:45	BEL-NAM	BRA-JOR	AUT	CRO-SRI	KAZ-VIE	KAZ-VIE		
18:45	19:00	KAZ-VIE	BEL-NAM	BRA-JOR	AUT	CRO-SRI	GBR-LTU		
19:00	19:15	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR	AUT	CRO-SRI		

Warm-up							
12 min and 30 sec/rot.		00:12					
Subdivision 1	FX	PH	SR	VT	PB	HB	
General Warm-up							
8:15	8:30						
8:30	8:42	GRE-PAN	ALG	MAS-POL	JAM-SYR	JPN-AIN1	IRI
8:42	8:55	IRI	GRE-PAN	ALG	MAS-POL	JAM-SYR	JPN-AIN1
8:55	9:07	JPN-AIN1	IRI	GRE-PAN	ALG	MAS-POL	JAM-SYR
9:07	9:20	JAM-SYR	JPN-AIN1	IRI	GRE-PAN	ALG	MAS-POL
9:20	9:32	MAS-POL	JAM-SYR	JPN-AIN1	IRI	GRE-PAN	ALG
9:32	9:45	ALG	MAS-POL	JAM-SYR	JPN-AIN1	IRI	GRE-PAN

Monday, 20 October 2025						
Stretching Japz	Training Hall #1	Stretching Japz	Training Hall #2	Warm-Up Japz	FOP	
7:15:00						
7:30:00						
7:45:00						
8:00:00						
8:15:00						
8:30:00						
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21:45:00						
22:00:00						
22:15:00						
22:30:00						
22:45:00						
23:00:00						

MAG Qualifications Sub 7.8						
General Warm-up			Apparatus Training		Warm-up	
Start	Finish	Start	Finish	Start	Finish	Start
S-DIV 1	8:45:00	9:00:00	9:00:00	9:00:00	9:00:00	9:00:00
S-DIV 2	10:45:00	11:00:00	11:00:00	11:00:00	11:00:00	11:00:00
S-DIV 3	12:45:00	13:00:00	13:00:00	13:00:00	13:00:00	13:00:00
S-DIV 4	14:45:00	15:00:00	15:00:00	15:00:00	15:00:00	15:00:00
S-DIV 5	17:45:00	18:00:00	18:00:00	18:00:00	18:00:00	18:00:00
S-DIV 6	18:45:00	19:00:00	19:00:00	19:00:00	19:00:00	19:00:00
S-DIV 7	16:00:00	16:15:00	16:15:00	16:15:00	16:15:00	16:15:00
S-DIV 8	17:15:00	17:30:00	17:30:00	17:30:00	17:30:00	17:30:00



Training Hall #1						
30 min/rotation 00:30						
Subdivision	FX	PH	SR	VT	PB	HB
General Warm-up						
8:45	9:00	ALG	MAS-POL	JAM-SYR	JPN-AIN	IRI
9:30	10:00	GRE-PAN	ALG	MAS-POL	JAM-SYR	JPN-AIN
10:00	10:30	IRI	GRE-PAN	ALG	MAS-POL	JAM-SYR
10:30	11:00	JPN-AIN	IRI	GRE-PAN	ALG	MAS-POL
11:00	11:30	JAM-SYR	JPN-AIN	IRI	GRE-PAN	ALG
11:30	12:00	MAS-POL	JAM-SYR	JPN-AIN	IRI	GRE-PAN

Training Hall #2						
30 min/rotation 00:30						
Subdivision 2	FX	PH	SR	VT	PB	HB
General Warm-up						
10:45	11:00	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR
11:00	11:30	AUT	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM
11:30	12:00	AUT	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM
12:00	12:30	BRA-JOR	AUT	CRO-SRI	GBR-LTU	KAZ-VIE
12:30	13:00	BEL-NAM	BRA-JOR	AUT	CRO-SRI	GBR-LTU
13:00	13:30	KAZ-VIE	BEL-NAM	BRA-JOR	AUT	CRO-SRI
13:30	14:00	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR	AUT

Warm-up						
12 min and 30 sec/rot 00:12						
Subdivision 7	FX	PH	SR	VT	PB	HB
General Warm-up						
8:15	8:30	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA
8:30	8:45	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB
8:45	9:00	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN
9:00	9:15	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN
9:15	9:30	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG
9:30	9:45	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR

FOP						
16 min 40 sec/rot 00:16						
Subdivision 7	FX	PH	SR	VT	PB	HB
General Warm-up						
9:45	10:00	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR
10:00	10:15	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA
10:15	10:30	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB
10:30	10:45	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN
10:45	11:00	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN
11:00	11:15	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG
11:15	11:30	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR

30 min/rotation 00:30						
Subdivision 3	FX	PH	SR	VT	PB	HB
General Warm-up						
12:45	13:00	HUN	CHM-MGL	ITA	PER-MON	NOR
13:00	13:30	UKR	HUN	CHM-MGL	ITA	PER-MON
13:30	14:00	NOR	UKR	HUN	CHM-MGL	ITA
14:00	14:30	ITA	PER-MON	NOR	UKR	HUN
14:30	15:00	PER-MON	NOR	UKR	HUN	CHM-MGL
15:00	15:30	CHM-MGL	ITA	PER-MON	NOR	UKR
15:30	16:00	UKR	HUN	CHM-MGL	ITA	PER-MON

30 min/rotation 00:30						
Subdivision 4	FX	PH	SR	VT	PB	HB
General Warm-up						
14:15	14:30	FIN	CHN	TUR-CMR	CAN	FRA-TTO
14:30	15:00	FIN	CHN	TUR-CMR	CAN	FRA-TTO
15:00	15:30	USA-LAT	FIN	CHN	TUR-CMR	CAN
15:30	16:00	TPE	USA-LAT	FIN	CHN	TUR-CMR
16:00	16:30	NZL-ARM	TPE	USA-LAT	FIN	CHN
16:30	17:00	NED-EGY	NZL-ARM	TPE	USA-LAT	FIN
17:00	17:30	FIN	CHN	TUR-CMR	CAN	FRA-TTO

12 min and 30 sec/rot 00:12						
Subdivision 8	FX	PH	SR	VT	PB	HB
General Warm-up						
10:05	10:20	FRA-TTO	AZE	FIN	CHN	TUR-CMR
10:20	10:35	CAN	FRA-TTO	AZE	FIN	CHN
10:35	10:50	TUR-CMR	CAN	FRA-TTO	AZE	FIN
10:50	11:05	FIN	CHN	TUR-CMR	CAN	FRA-TTO
11:05	11:20	CHN	TUR-CMR	CAN	FRA-TTO	AZE
11:20	11:35	AZE	FIN	CHN	TUR-CMR	CAN

16 min 40 sec/rot 00:16						
Subdivision 8	FX	PH	SR	VT	PB	HB
General Warm-up						
11:35	11:50	AZE	FIN	CHN	TUR-CMR	CAN
11:50	12:05	FIN	CHN	TUR-CMR	CAN	FRA-TTO
12:05	12:20	CAN	FRA-TTO	AZE	FIN	CHN
12:20	12:35	TUR-CMR	CAN	FRA-TTO	AZE	FIN
12:35	12:50	FIN	CHN	TUR-CMR	CAN	FRA-TTO
12:50	13:05	CHN	TUR-CMR	CAN	FRA-TTO	AZE
13:05	13:20	AZE	FIN	CHN	TUR-CMR	CAN

15 min/rotation 00:15						
Subdivision 7	FX	PH	SR	VT	PB	HB
General Warm-up						
16:00	16:15	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR
16:15	16:30	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA
16:30	16:45	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB
16:45	17:00	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN
17:00	17:15	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN
17:15	17:30	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG
17:30	17:45	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR

15 min/rotation 00:15						
Subdivision 8	FX	PH	SR	VT	PB	HB
General Warm-up						
17:15	17:30	AZE	FIN	CHN	TUR-CMR	CAN
17:30	17:45	CAN	FRA-TTO	AZE	FIN	CHN
17:45	18:00	FRA-TTO	AZE	FIN	CHN	TUR-CMR
18:00	18:15	FIN	CHN	TUR-CMR	CAN	FRA-TTO
18:15	18:30	CHN	TUR-CMR	CAN	FRA-TTO	AZE
18:30	18:45	FIN	CHN	TUR-CMR	CAN	FRA-TTO
18:45	19:00	AZE	FIN	CHN	TUR-CMR	CAN

12 min and 30 sec/rot 00:12						
Subdivision 8	FX	PH	SR	VT	PB	HB
General Warm-up						
10:05	10:20	FRA-TTO	AZE	FIN	CHN	TUR-CMR
10:20	10:35	CAN	FRA-TTO	AZE	FIN	CHN
10:35	10:50	TUR-CMR	CAN	FRA-TTO	AZE	FIN
10:50	11:05	FIN	CHN	TUR-CMR	CAN	FRA-TTO
11:05	11:20	CHN	TUR-CMR	CAN	FRA-TTO	AZE
11:20	11:35	AZE	FIN	CHN	TUR-CMR	CAN

16 min 40 sec/rot 00:16						
Subdivision 8	FX	PH	SR	VT	PB	HB
General Warm-up						
11:35	11:50	AZE	FIN	CHN	TUR-CMR	CAN
11:50	12:05	FIN	CHN	TUR-CMR	CAN	FRA-TTO
12:05	12:20	CAN	FRA-TTO	AZE	FIN	CHN
12:20	12:35	TUR-CMR	CAN	FRA-TTO	AZE	FIN
12:35	12:50	FIN	CHN	TUR-CMR	CAN	FRA-TTO
12:50	13:05	CHN	TUR-CMR	CAN	FRA-TTO	AZE
13:05	13:20	AZE	FIN	CHN	TUR-CMR	CAN

30 min/rotation 00:30						
Subdivision 5	FX	PH	SR	VT	PB	HB
General Warm-up						
17:45	18:00	KOR-RSA	GER-CUB	ESP-CYP	SUI	ISL-CAY
18:00	18:30	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP	SUI
18:30	19:00	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP
19:00	19:30	SUI	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB
19:30	20:00	GER-CUB	ESP-CYP	SUI	ISL-CAY	BUL-UZB
20:00	20:30	ESP-CYP	SUI	ISL-CAY	BUL-UZB	KOR-RSA
20:30	21:00	KOR-RSA	GER-CUB	ESP-CYP	SUI	ISL-CAY

Tuesday, 21 October 2025					
	Stretching Area	Training Hall #1	Warm-Up Hall	FOP	
7:15:00					
7:30:00					
7:45:00					
8:00:00					
8:15:00					
8:30:00					
8:45:00					
9:00:00					
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21:45:00					
22:00:00					
22:15:00					
22:30:00					
22:45:00					
23:00:00					

MAG Training Day														
	General Warm-up		Apparatus Training		Warm-up		FOP							
	Start	Finish	Start	Finish	Start	Finish	Start	Finish	FX	PH	SR	VT	PB	HB
MAG AA Fin.	18:00:00	18:30:00	18:30:00	21:00:00					AA Q1-Q4	AA Q5-Q8	AA Q9-Q12 + R4**	AA Q13-Q16 + R3**	AA Q17-Q20 + R2**	AA Q21-Q24 + R1**
MAG App. Fin.	15:00:00	15:30:00	15:30:00	18:00:00					FX Q1-Q8 + R	PH Q1-Q8 + R	SR Q1-Q8 + R	VT Q1-Q8 + R	PB Q1-Q8 + R	HB Q1-Q8 + R
MAG Open*	12:00:00	12:30:00	12:30:00	15:00:00										

\* Non qualified Gymnasts and NF substitute

\*\* for NF without qualified MAG Gymnast

Training Hall #1							
25 min/rot.		00:25					
MAG Open - Training		FX	PH	SR	VT	PB	HB
12:00	12:30	General Warm-up					
12:30	12:55	Open Training					
12:55	13:20						
13:20	13:45						
13:45	14:10						
14:10	14:35						
14:35	15:00						

25 min/rot.		00:25					
MAG AF - Training		FX	PH	SR	VT	PB	HB
15:00	15:30	General Warm-up					
15:30	15:55	FX Q1-Q8 + R	PH Q1-Q8 + R	SR Q1-Q8 + R	VT Q1-Q8 + R	PB Q1-Q8 + R	HB Q1-Q8 + R
15:55	16:20						
16:20	16:45						
16:45	17:10						
17:10	17:35						
17:35	18:00						

25 min/rot.		00:25					
MAG AA - Training		FX	PH	SR	VT	PB	HB
General Warm-up							
18:00	18:30						
18:30	18:55	AA Q1-Q4	AA Q5-Q8	AA Q9-Q12 + R4**	AA Q13-Q16 + R3**	AA Q17-Q20 + R2**	AA Q21-Q24 + R1**
18:55	19:20	AA Q21-Q24 + R1**	AA Q1-Q4	AA Q5-Q8	AA Q9-Q12 + R4**	AA Q13-Q16 + R3**	AA Q17-Q20 + R2**
19:20	19:45	AA Q17-Q20 + R2**	AA Q21-Q24 + R1**	AA Q1-Q4	AA Q5-Q8	AA Q9-Q12 + R4**	AA Q13-Q16 + R3**
19:45	20:10	AA Q13-Q16 + R3**	AA Q17-Q20 + R2**	AA Q21-Q24 + R1**	AA Q1-Q4	AA Q5-Q8	AA Q9-Q12 + R4**
20:10	20:35	AA Q9-Q12 + R4**	AA Q13-Q16 + R3**	AA Q17-Q20 + R2**	AA Q21-Q24 + R1**	AA Q1-Q4	AA Q5-Q8
20:35	21:00	AA Q5-Q8	AA Q9-Q12 + R4**	AA Q13-Q16 + R3**	AA Q17-Q20 + R2**	AA Q21-Q24 + R1**	AA Q1-Q4





Wednesday, 22 October 2025			
Shedding Start	Turning Start	Turning End	Fog
7:15:00			
7:20:00			
7:45:00			
8:00:00			
8:15:00			
8:30:00			
8:40:00			
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22:30:00			
22:45:00			
23:00:00			

[illegible]

\* Non qualified Gymnasts and NF substitute  
\*\* for NF without qualified MAG Gymnast

Training Hall #1									
30 minutes	00:20								
10:15 AM	FX	PH	SR	General Warm-up			PB	HB	
10:15	10:45								
10:45	1:00	AA Q1-Q4	AA Q5-Q8	AA Q9-Q12 + R1*	AA Q13-Q16 + R2*	AA Q17-Q20 + R3*	AA Q21-Q24 + R4*		
11:00	1:25	AA Q1-Q24 + R1*	AA Q1-Q24	AA Q5-Q8	AA Q9-Q12 + R3*	AA Q13-Q16 + R4*	AA Q17-Q20 + R5*		
11:25	1:50	AA Q1-Q16 + R2*	AA Q1-Q24 + R2*	AA Q1-Q4	AA Q5-Q8	AA Q9-Q12 + R4*	AA Q13-Q16 + R5*		
11:45	2:05	AA Q1-Q16 + R3*	AA Q1-Q24 + R3*	AA Q1-Q4	AA Q5-Q8	AA Q9-Q12 + R5*	AA Q13-Q16 + R6*		
12:05	2:25	AA Q1-Q16 + R4*	AA Q1-Q24 + R4*	AA Q1-Q12 + R5*	AA Q13-Q16 + R6*	AA Q17-Q20 + R7*	AA Q21-Q24 + R8*		
12:25	12:45	AA Q5-Q8	AA Q9-Q12 + R6*	AA Q13-Q16 + R7*	AA Q17-Q20 + R8*	AA Q21-Q24 + R9*	AA Q1-Q4		
20 minutes	00:25								
12:15 PM	FX	PH	SR	General Warm-up			PB	HB	
12:15	12:45								
12:45	1:10								
12:10	1:35								
12:35	1:50	FX Q1-Q8 + R	PH Q1-Q8 + R	SR Q1-Q8 + R	VT Q1-Q8 + R	PB Q1-Q8 + R	HB Q1-Q8 + R		
13:00	16:20								
13:20	16:50								
13:50	16:15								
20 minutes	00:25								
1:15 PM	FX	PH	SR	General Warm-up			PB	HB	
1:15	16:45								
1:45	17:10								
17:10	17:35								
17:35	18:00								
18:00	18:25								
18:25	18:50								
18:50	19:15								
Open Training									

[illegible][illegible]

**53<sup>rd</sup>**  
**Artistic Gymnastics**  
**World Championships**  
Jakarta 2025

Thursday, 23 October 2025				
	Stretching Area	Training Hall #1	Warm-Up Hall	FOP
7:15:00				
7:30:00				
7:45:00				
8:00:00				
8:15:00				
8:30:00				
8:45:00				
9:00:00				
9:15:00				
9:30:00				
9:45:00				
10:00:00				
10:15:00				
10:30:00				
10:45:00				
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11:15:00				
11:30:00				
11:45:00				
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12:30:00				
12:45:00				
13:00:00				
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13:30:00				
13:45:00				
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14:30:00				
14:45:00				
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15:30:00				
15:45:00				
16:00:00				
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16:30:00				
16:45:00				
17:00:00				
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17:30:00				
17:45:00				
18:00:00				
18:15:00				
18:30:00				
18:45:00				
19:00:00				
19:15:00				
19:30:00				
19:45:00				
20:00:00				
20:15:00				
20:30:00				
20:45:00				
21:00:00				
21:15:00				
21:30:00				
21:45:00				
22:00:00				
22:15:00				
22:30:00				
22:45:00				
23:00:00				

MAG Training Day															
	General Warm-up			Apparatus Training		Warm-up		FOP		FX	PH	SR	VT	PB	HB
	Start	Finish		Start	Finish	Start	Finish	Start	Finish						
MAG App. Fin.	15:00:00	15:30:00		15:30:00	18:00:00					FX Q1-Q8 + R	PH Q1-Q8 + R	SR Q1-Q8 + R	VT Q1-Q8 + R	PB Q1-Q8 + R	HB Q1-Q8 + R
MAG Open *	12:00:00	12:30:00		12:30:00	15:00:00										

\* Non qualified Gymnasts and NF substitute

Training Hall #1									
25 min/rot.		00:25							
Mats Open - Training		FX	PH	SR	VT	PB	HB		
12:00	12:30	General Warm-up							
12:30	12:55	Open Training							
12:55	13:20								
13:20	13:45								
13:45	14:10								
14:10	14:35								
14:35	15:00								

25 min/rot.		00:25					
MAG AF - Training		FX	PH	SR	VT	PB	HB
15:00	15:30	General Warm-up					
15:30	15:55	FX Q1-Q8 + R	PH Q1-Q8 + R	SR Q1-Q8 + R	VT Q1-Q8 + R	PB Q1-Q8 + R	HB Q1-Q8 + R
15:55	16:20						
16:20	16:45						
16:45	17:10						
17:10	17:35						
17:35	18:00						



Friday - 24 October 2020			
Session	Topic	Event ID	Cost
7:00-7:15			
7:15-7:30			
7:30-7:45			
7:45-8:00			
8:00-8:15			
8:15-8:30			
8:30-8:45			
8:45-9:00			
9:00-9:15			
9:15-9:30			
9:30-9:45			
9:45-10:00			
10:00-10:15			
10:15-10:30			
10:30-10:45			
10:45-11:00			
11:00-11:15			
11:15-11:30			
11:30-11:45			
11:45-12:00			
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10:45-11:00			
11:00-11:15			
11:15-11:30			
11:30-11:45			
11:45-12:00			

[illegible]

\* including Reserves and NS substitute  
\*\* Non qualified Gymnasts only

Training slot #1						
25 min slot	09:25					
	F4	F11	G6	V7	F16	H6
	Open Training					
	F16-Q1-Q2 + R	F11-Q1-Q2 + R	G6-Q1-Q2 + R	V7-Q1-Q2 + R	F16-Q1-Q2 + R	H6-Q1-Q2 + R

FOP - Training			
01:00		FX	SA
02:00		Officer Work-up and Cytin Training	

Warm-up				
Self-Appraisal time		FX	FX1	FX2
12:00	18:00	General Warm-up and Open Warm-up		

FCP - Comparison			
TIME REQUIRED TO BUILD	FCP	FCP	FCP
13:45	14:00	14:00	14:00
14:00	14:30	14:30	14:30
14:30	15:00	15:00	15:00
15:00	15:30	15:30	15:30
15:30	16:00	16:00	16:00
16:00	16:30	16:30	16:30
16:30	17:00	17:00	17:00
17:00	17:30	17:30	17:30
17:30	18:00	18:00	18:00
18:00	18:30	18:30	18:30
18:30	19:00	19:00	19:00
19:00	19:30	19:30	19:30
19:30	20:00	20:00	20:00
20:00	20:30	20:30	20:30
20:30	21:00	21:00	21:00
21:00	21:30	21:30	21:30
21:30	22:00	22:00	22:00
22:00	22:30	22:30	22:30
22:30	23:00	23:00	23:00
23:00	23:30	23:30	23:30
23:30	24:00	24:00	24:00
24:00	24:30	24:30	24:30
24:30	25:00	25:00	25:00
25:00	25:30	25:30	25:30
25:30	26:00	26:00	26:00
26:00	26:30	26:30	26:30
26:30	27:00	27:00	27:00
27:00	27:30	27:30	27:30
27:30	28:00	28:00	28:00
28:00	28:30	28:30	28:30
28:30	29:00	29:00	29:00
29:00	29:30	29:30	29:30
29:30	30:00	30:00	30:00
30:00	30:30	30:30	30:30
30:30	31:00	31:00	31:00
31:00	31:30	31:30	31:30
31:30	32:00	32:00	32:00
32:00	32:30	32:30	32:30
32:30	33:00	33:00	33:00
33:00	33:30	33:30	33:30
33:30	34:00	34:00	34:00
34:00	34:30	34:30	34:30
34:30	35:00	35:00	35:00
35:00	35:30	35:30	35:30
35:30	36:00	36:00	36:00
36:00	36:30	36:30	36:30
36:30	37:00	37:00	37:00
37:00	37:30	37:30	37:30
37:30	38:00	38:00	38:00
38:00	38:30	38:30	38:30
38:30	39:00	39:00	39:00
39:00	39:30	39:30	39:30
39:30	40:00	40:00	40:00
40:00	40:30	40:30	40:30
40:30	41:00	41:00	41:00
41:00	41:30	41:30	41:30
41:30	42:00	42:00	42:00
42:00	42:30	42:30	42:30
42:30	43:00	43:00	43:00
43:00	43:30	43:30	43:30
43:30	44:00	44:00	44:00
44:00	44:30	44:30	44:30
44:30	45:00	45:00	45:00
45:00	45:30	45:30	45:30
45:30	46:00	46:00	46:00
46:00	46:30	46:30	46:30
46:30	47:00	47:00	47:00
47:00	47:30	47:30	47:30
47:30	48:00	48:00	48:00
48:00	48:30	48:30	48:30
48:30	49:00	49:00	49:00
49:00	49:30	49:30	49:30
49:30	50:00	50:00	50:00
50:00	50:30	50:30	50:30
50:30	51:00	51:00	51:00
51:00	51:30	51:30	51:30
51:30	52:00	52:00	52:00
52:00	52:30	52:30	52:30
52:30	53:00	53:00	53:



Saturday, 20 October 2023			
Time	Session	Topic	Room
08:00			
08:15			
08:30			
08:45			
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23:45			
24:00			

[illegible]

\* including Reserves and NS substitute  
\*\* Non-qualified Gymnasts only

Training Set #1							
25 min/step	00:25	VT	FS	TB			
0:25-0	0:30-0	Interval Training					
0:30-5	0:35-5						
0:35-10	0:40-10						
0:40-15	0:45-15	VT Q1-Q2 + R	FS Q3-Q4 + R	TB Q5-Q6 + R			
0:45-20	0:50-20						
0:50-25	0:55-25						
0:55-30	1:00-30						
1:00-35	1:05-35						
1:05-40	1:10-40						
1:10-45	1:15-45						
1:15-50	1:20-50						
25 min/step	00:25	FA	FIH	TB			
0:25-0	0:30-0	Interval Training					
0:30-5	0:35-5						
0:35-10	0:40-10						
0:40-15	0:45-15						
0:45-20	0:50-20						
0:50-25	0:55-25						
0:55-30	1:00-30						
1:00-35	1:05-35						
1:05-40	1:10-40						
1:10-45	1:15-45						
1:15-50	1:20-50						
25 min/step	00:25	Open Training					
0:25-0	0:30-0						
0:30-5	0:35-5						
0:35-10	0:40-10						
0:40-15	0:45-15						
0:45-20	0:50-20						
0:50-25	0:55-25						
0:55-30	1:00-30						
1:00-35	1:05-35						
1:05-40	1:10-40						
1:10-45	1:15-45						
1:15-50	1:20-50						

FOP - Training			
01:00		VF	FS
12:00	13:00	Offshore Work-up and Uplift Training	

Warm-up			
Self-Appraisal time		VT	PL
12:00	18:00	General Warm-up and Open Warm-up	

FOP - Companies			
WEEK NUMBER AND DATE	FOP	COMPANY	WEEK
13-01	14-100		Highland Farms
14-01	14-100	YF COF CO	
14-01	15-100		WORTH-100 FOOD
15-01	15-100		PAUL'S COUNTRY - MEAT YF AND MEAT CO
15-01	16-100		YF COF CO
16-01	17-100		WORTH-100 FOOD
17-01	17-100		PAUL'S COUNTRY - MEAT YF AND MEAT CO
17-01	18-100		YF COF CO

