

AEROBICS WORLD CUP – Training Schedule 1

#	Number of Units	NF	Day / Time for Training	Warm Up		Podium	
			26 th March	General	Specific	Start	Finish
1	2	AZERBAIJAN	00:06	7:30	8:00	8:30	8:36
2	10	SPAIN	00:30	7:36	8:06	8:36	9:06
3	3	FINLAND	00:09	8:06	8:36	9:06	9:15
4	5	GREAT BRITAIN	00:15	8:15	8:45	9:15	9:30
5	5	PERU	00:15	8:30	9:00	9:30	9:45
6	5	PORTUGAL	00:15	8:45	9:15	9:45	10:00
7	2	AUSTRALIA	00:06	9:00	9:30	10:00	10:06
8	3	CHEQUIA	00:09	9:06	9:36	10:06	10:15
9	1	GREECE	00:03	9:15	9:45	10:15	10:18
10	5	HUNGARY	00:15	9:18	9:48	10:18	10:33
11	9	ITALY	00:27	9:33	10:03	10:33	11:00
12	8	UKRAINE	00:24	10:00	10:30	11:00	11:24
13	1	BRAZIL	00:03	10:24	10:54	11:24	11:27
14	9	CHINA	00:27	10:27	10:57	11:27	11:54
15	6	EGYPT	00:18	10:54	11:24	11:54	12:12
16	5	FRANCE	00:15	11:12	11:42	12:12	12:27
17	3	MEXICO	00:09	11:27	11:57	12:27	12:36
18	9	AIN2	00:27	11:36	12:06	12:36	13:03

AEROBICS WORLD CUP – Training Schedule 2

#	Number of Units	NF	Day / Time for Training	Warm Up		Podium	
			27 th March	General	Specific	Start	Finish
1	5	PERU	00:15	7:30	8:00	8:30	8:45
2	5	GREAT BRITAIN	00:15	7:45	8:15	8:45	9:00
3	3	FINLAND	00:09	8:00	8:30	9:00	9:09
4	10	SPAIN	00:30	8:09	8:39	9:09	9:39
5	2	AZERBAIJAN	00:06	8:39	9:09	9:39	9:45
6	9	AIN2	00:27	8:45	9:15	9:45	10:12
7	3	MEXICO	00:09	9:12	9:42	10:12	10:21
8	5	FRANCE	00:15	9:21	9:51	10:21	10:36
9	6	EGYPT	00:18	9:36	10:06	10:36	10:54
10	5	PORTUGAL	00:15	9:54	10:24	10:54	11:09
11	9	CHINA	00:27	10:09	10:39	11:09	11:36
12	1	BRAZIL	00:03	10:36	11:06	11:36	11:39
13	8	UKRAINE	00:24	10:39	11:09	11:39	12:03
14	9	ITALY	00:27	11:03	11:33	12:03	12:30
15	5	HUNGARY	00:15	11:30	12:00	12:30	12:45
16	1	GREECE	00:03	11:45	12:15	12:45	12:48
17	3	CHEQUIA	00:09	11:48	12:18	12:48	12:57
18	2	AUSTRALIA	00:06	11:57	12:27	12:57	13:03