

19th Aerobics World Championships, Pamplona 2026

Pamplona (ESP) / 11 September - 13 September 2026

GROUPS COMPOSITION

SCHEDULE FOR DAY 1 and DAY 2

Wednesday 09 September 2026 & Thursday 10 September 2026

GRP	Nat	Units	Nat	Units	Nat	Units	Nat	Units	Nat	Units	Units
1	ESP	13									13
2	RUS	13									13
3	ARG	13									13
4	POR	11	TPE	1							12
5	GBR	9	GRE	3							12
6	AUS	6	CZE	6							12
7	ITA	11	EST	1							12
8	CHN	9	AZE	3							12
9	FRA	8	AUT	4							12
10	GER	10	SVK	4							14
11	MEX	10	VIE	4							14
12	BRA	9	LTU	5							14
13	ROU	9	BUL	5							14
14	FIN	7	TUR	7							14
15	PER	7	COL	7							14
16	UKR	7	EGY	7							14
17	HUN	8	SUI	3	JPN	1	CHI	2			14
18	URU	8	BLR	2	CPV	1					11
19	KOR	8	BEN	5							13

version: 24.08.2026

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TRAINING SESSION

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24.08.2026

Group Nr	Federations										Units	General Warm-up 30"		Tranfert 5'	Aerobic floor without music 30"		Floor	Transfer to Podium	Floor Competition hall	
1	ESP	13									13	8:40:00	9:10:00	9:10:00	9:15:00	9:45:00	2, 3, 4	9:45:00	9:50:00	10:16:00
2	RUS	13									13	9:06:00	9:36:00	9:36:00	9:41:00	10:11:00	2, 3, 4	10:11:00	10:16:00	10:42:00
3	ARG	13									13	9:32:00	10:02:00	10:02:00	10:07:00	10:37:00	2, 3, 4	10:37:00	10:42:00	11:08:00
4	POR	11	TPE	1							12	9:58:00	10:28:00	10:28:00	10:33:00	11:03:00	2, 3, 4	11:03:00	11:08:00	11:32:00
5	GBR	9	GRE	3							12	10:22:00	10:52:00	10:52:00	10:57:00	11:27:00	2, 3, 4	11:27:00	11:32:00	11:56:00
6	AUS	6	CZE	6							12	10:46:00	11:16:00	11:16:00	11:21:00	11:51:00	2, 3, 4	11:51:00	11:56:00	12:20:00
7	ITA	11	EST	1							12	11:10:00	11:40:00	11:40:00	11:45:00	12:15:00	2, 3, 4	12:15:00	12:20:00	12:44:00
8	CHN	9	AZE	3							12	11:34:00	12:04:00	12:04:00	12:09:00	12:39:00	2, 3, 4	12:39:00	12:44:00	13:08:00
Opening Performance rehearsal - 8 Counts																			13:11:00	14:11:00
9	FRA	8	AUT	4							12	13:01:00	13:31:00	13:31:00	13:36:00	14:06:00	2, 3, 4	14:06:00	14:11:00	14:35:00
10	GER	10	SVK	4							14	13:25:00	13:55:00	13:55:00	14:00:00	14:30:00	2, 3, 4	14:30:00	14:35:00	15:03:00
11	MEX	10	VIE	4							14	13:53:00	14:23:00	14:23:00	14:28:00	14:58:00	2, 3, 4	14:58:00	15:03:00	15:31:00
12	BRA	9	LTU	5							14	14:21:00	14:51:00	14:51:00	14:56:00	15:26:00	2, 3, 4	15:26:00	15:31:00	15:59:00
13	ROU	9	BUL	5							14	14:49:00	15:19:00	15:19:00	15:24:00	15:54:00	2, 3, 4	15:54:00	15:59:00	16:27:00
14	FIN	7	TUR	7							14	15:17:00	15:47:00	15:47:00	15:52:00	16:22:00	2, 3, 4	16:22:00	16:27:00	16:55:00
15	PER	7	COL	7							14	15:45:00	16:15:00	16:15:00	16:20:00	16:50:00	2, 3, 4	16:50:00	16:55:00	17:23:00
16	UKR	7	EGY	7							14	16:13:00	16:43:00	16:43:00	16:48:00	17:18:00	2, 3, 4	17:18:00	17:23:00	17:51:00
17	HUN	8	SUI	3	JPN	1	CHI	2			14	16:41:00	17:11:00	17:11:00	17:16:00	17:46:00	2, 3, 4	17:46:00	17:51:00	18:19:00

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18	URU	8	BLR	2	CPV	1					11	17:09:00	17:39:00	17:39:00	17:44:00	18:14:00	2, 3, 4	18:14:00	18:19:00	18:41:00
19	KOR	8	BEN	5							13	17:31:00	18:01:00	18:01:00	18:06:00	18:36:00	2, 3, 4	18:36:00	18:41:00	19:07:00

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10	GER	10	SVK	4							14	8:40:00	9:10:00	9:10:00	9:15:00	9:45:00	2, 3, 4	9:45:00	9:50:00	10:18:00
11	MEX	10	VIE	4							14	9:08:00	9:38:00	9:38:00	9:43:00	10:13:00	2, 3, 4	10:13:00	10:18:00	10:46:00
12	BRA	9	LTU	5							14	9:36:00	10:06:00	10:06:00	10:11:00	10:41:00	2, 3, 4	10:41:00	10:46:00	11:14:00
13	ROU	9	BUL	5							14	10:04:00	10:34:00	10:34:00	10:39:00	11:09:00	2, 3, 4	11:09:00	11:14:00	11:42:00
14	FIN	7	TUR	7							14	10:32:00	11:02:00	11:02:00	11:07:00	11:37:00	2, 3, 4	11:37:00	11:42:00	12:10:00
15	PER	7	COL	7							14	11:00:00	11:30:00	11:30:00	11:35:00	12:05:00	2, 3, 4	12:05:00	12:10:00	12:38:00
16	UKR	7	EGY	7							14	11:28:00	11:58:00	11:58:00	12:03:00	12:33:00	2, 3, 4	12:33:00	12:38:00	13:06:00
17	HUN	8	SUI	3	JPN	1	CHI	2			14	11:56:00	12:26:00	12:26:00	12:31:00	13:01:00	2, 3, 4	13:01:00	13:06:00	13:34:00
18	URU	8	BLR	2	CPV	1					11	12:24:00	12:54:00	12:54:00	12:59:00	13:29:00	2, 3, 4	13:29:00	13:34:00	13:56:00
19	KOR	8	BEN	5							13	12:46:00	13:16:00	13:16:00	13:21:00	13:51:00	2, 3, 4	13:51:00	13:56:00	14:22:00
1	ESP	13									13	13:12:00	13:42:00	13:42:00	13:47:00	14:17:00	2, 3, 4	14:17:00	14:22:00	14:48:00
2	RUS	13									13	13:38:00	14:08:00	14:08:00	14:13:00	14:43:00	2, 3, 4	14:43:00	14:48:00	15:14:00
3	ARG	13									13	14:04:00	14:34:00	14:34:00	14:39:00	15:09:00	2, 3, 4	15:09:00	15:14:00	15:40:00
4	POR	11	TPE	1							12	14:30:00	15:00:00	15:00:00	15:05:00	15:35:00	2, 3, 4	15:35:00	15:40:00	16:04:00
5	GBR	9	GRE	3							12	14:54:00	15:24:00	15:24:00	15:29:00	15:59:00	2, 3, 4	15:59:00	16:04:00	16:28:00
6	AUS	6	CZE	6							12	15:18:00	15:48:00	15:48:00	15:53:00	16:23:00	2, 3, 4	16:23:00	16:28:00	16:52:00
7	ITA	11	EST	1							12	15:42:00	16:12:00	16:12:00	16:17:00	16:47:00	2, 3, 4	16:47:00	16:52:00	17:16:00

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8	CHN	9	AZE	3							12	16:06:00	16:36:00	16:36:00	16:41:00	17:11:00	2, 3, 4	17:11:00	17:16:00	17:40:00
9	FRA	8	AUT	4							12	16:30:00	17:00:00	17:00:00	17:05:00	17:35:00	2, 3, 4	17:35:00	17:40:00	18:04:00