

TRAINING SCHEDULE - SENIORS

Tuesday - 22.09.2026 1st training day			Warm Up Hall			Training Hall									Transition	FOP - Comp. Floor		
			General Warm-up 1 & 2			Floor 1			Floor 2			Floor 3 (music)				max. 2 exerc. p/ unit (music)		
Grp.	National Federations	N° of P/G	Time	In	Out	Time	In	Out	Time	In	Out	Time	In	Out		Time	In	Out
1	GER (7)	7	30'	09:00	09:30	30'	09:30	10:00	30'	10:00	10:30	30'	10:30	11:00	5'	35'	10:35	11:10
2	UKR (6) + ARM (1)	7	30'	09:37	10:07	30'	10:07	10:37	30'	10:37	11:07	30'	11:07	11:37	5'	35'	11:12	11:47
3	AUS (3) + AUT (3) + CAN (1)	7	30'	10:14	10:44	30'	10:44	11:14	30'	11:14	11:44	30'	11:44	12:14	5'	35'	11:49	12:24
4	POR (6) + ITA (1)	7	30'	10:51	11:21	30'	11:21	11:51	30'	11:51	12:21	30'	12:21	12:51	5'	35'	12:26	13:01

BREAK 30'

5	USA (4) + AZE (3)	7	30'	11:56	12:26	30'	12:26	12:56	30'	12:56	13:26	30'	13:26	13:56	5'	35'	13:31	14:06
6	BLR (5) + FIN (2)	7	30'	12:33	13:03	30'	13:03	13:33	30'	13:33	14:03	30'	14:03	14:33	5'	35'	14:08	14:43
7	ISR (7)	7	30'	13:10	13:40	30'	13:40	14:10	30'	14:10	14:40	30'	14:40	15:10	5'	35'	14:45	15:20
8	GBR (6) + KAZ (1)	7	30'	13:47	14:17	30'	14:17	14:47	30'	14:47	15:17	30'	15:17	15:47	5'	35'	15:22	15:57
9	POL (5) + ESP (2)	7	30'	14:24	14:54	30'	14:54	15:24	30'	15:24	15:54	30'	15:54	16:24	5'	35'	15:59	16:34
10	RUS (7)	7	30'	15:01	15:31	30'	15:31	16:01	30'	16:01	16:31	30'	16:31	17:01	5'	35'	16:36	17:11
11	RUS (3) + BEL (3) + MDA (1)	7	30'	15:38	16:08	30'	16:08	16:38	30'	16:38	17:08	30'	17:08	17:38	5'	35'	17:13	17:48
12	BUL(2) + GEO(2) + HUN(2) + RSA(1)	7	30'	16:15	16:45	30'	16:45	17:15	30'	17:15	17:45	30'	17:45	18:15	5'	35'	17:50	18:25
13	CHN (3) + FRA (3) + SUI (1) + BRA(1)	8	30'	16:52	17:22	30'	17:22	17:52	30'	17:52	18:22	30'	18:22	18:52	5'	40'	18:27	19:07
14	PRK (2) + UZB (2) + IND (4)	8	30'	17:34	18:04	30'	18:04	18:34	30'	18:34	19:04	30'	19:04	19:34	5'	40'	19:09	19:49

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end of 1st day

Wenesday - 23.09.2026 2nd training day			Warm Up Hall			Training Hall									Transition	FOP - Comp. Floor		
			General Warm-up 1 & 2			Floor 1			Floor 2			Floor 3 (music)				max. 2 exerc. p/ unit (music)		
Grp.	National Federations	N° of P/G	Time	In	Out	Time	In	Out	Time	In	Out	Time	In	Out		Time	In	Out
8	GBR (6) + KAZ (1)	7	30'	09:00	09:30	30'	09:30	10:00	30'	10:00	10:30	30'	10:30	11:00	5'	35'	10:35	11:10
9	POL (5) + ESP (2)	7	30'	09:37	10:07	30'	10:07	10:37	30'	10:37	11:07	30'	11:07	11:37	5'	35'	11:12	11:47
10	RUS (7)	7	30'	10:14	10:44	30'	10:44	11:14	30'	11:14	11:44	30'	11:44	12:14	5'	35'	11:49	12:24
11	RUS (3) + BEL (3) + MDA (1)	7	30'	10:51	11:21	30'	11:21	11:51	30'	11:51	12:21	30'	12:21	12:51	5'	35'	12:26	13:01

BREAK 30'

12	BUL(2) + GEO(2) + HUN(2) + RSA(1)	7	30'	11:56	12:26	30'	12:26	12:56	30'	12:56	13:26	30'	13:26	13:56	5'	35'	13:31	14:06
13	CHN (3) + FRA (3) + SUI (1) + BRA(1)	8	30'	12:33	13:03	30'	13:03	13:33	30'	13:33	14:03	30'	14:03	14:33	5'	40'	14:08	14:48
14	PRK (2) + UZB (2) + IND (4)	8	30'	13:15	13:45	30'	13:45	14:15	30'	14:15	14:45	30'	14:45	15:15	5'	40'	14:50	15:30
1	GER (7)	7	30'	13:57	14:27	30'	14:27	14:57	30'	14:57	15:27	30'	15:27	15:57	5'	35'	15:32	16:07
2	UKR (6) + ARM (1)	7	30'	14:34	15:04	30'	15:04	15:34	30'	15:34	16:04	30'	16:04	16:34	5'	35'	16:09	16:44
3	AUS (3) + AUT (3) + CAN (1)	7	30'	15:11	15:41	30'	15:41	16:11	30'	16:11	16:41	30'	16:41	17:11	5'	35'	16:46	17:21
4	POR (6) + ITA (1)	7	30'	15:48	16:18	30'	16:18	16:48	30'	16:48	17:18	30'	17:18	17:48	5'	35'	17:23	17:58
5	USA (4) + AZE (3)	7	30'	16:25	16:55	30'	16:55	17:25	30'	17:25	17:55	30'	17:55	18:25	5'	35'	18:00	18:35
6	BLR (5) + FIN (2)	7	30'	17:02	17:32	30'	17:32	18:02	30'	18:02	18:32	30'	18:32	19:02	5'	35'	18:37	19:12
7	ISR (7)	7	30'	17:39	18:09	30'	18:09	18:39	30'	18:39	19:09	30'	19:09	19:39	5'	35'	19:14	19:49

end of 2nd day

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