

TRAINING SCHEDULE - Youth & Junior

Tuesday - 15.09.2026 1st training day			Warm up Hall			Training Hall			Transition	REVISED - 7.09.2026		
			General Warm-up 1			Floor 1				FOP - Comp. Floor		
										maximum 2 exercises per unit (music)		
Grp.	National Federations	N° of P/G	Time	In	Out	Time	In	Out	Time	In	Out	
1	GER (7)	7	30'	9:00	9:30	30'	9:30	10:00	5'	35'	10:05	10:40
2	GER (4) + CAN (3)	7	30'	9:35	10:05	30'	10:05	10:35	5'	35'	10:40	11:15
3	UKR (7)	7	30'	10:10	10:40	30'	10:40	11:10	5'	35'	11:15	11:50
4	UKR (1) + AUT (5)	6	30'	10:45	11:15	30'	11:15	11:45	5'	30'	11:50	12:20
5	AUS (8)	8	30'	11:15	11:45	30'	11:45	12:15	5'	40'	12:20	13:00
BREAK 30'												
6	GEO (5) + FIN (2)	7	30'	12:25	12:55	30'	12:55	13:25	5'	35'	13:30	14:05
7	USA (7)	7	30'	13:00	13:30	30'	13:30	14:00	5'	35'	14:05	14:40
8	USA(3) + COL(2) + CZE(1) + PUR(1)	7	30'	13:35	14:05	30'	14:05	14:35	5'	35'	14:40	15:15
9	BEL (7)	7	30'	14:10	14:40	30'	14:40	15:10	5'	35'	15:15	15:50
10	BEL (1) + AZE (5)	6	30'	14:45	15:15	30'	15:15	15:45	5'	30'	15:50	16:20
11	FRA (7)	7	30'	15:15	15:45	30'	15:45	16:15	5'	35'	16:20	16:55
12	FRA (2) + BLR (5)	7	30'	15:50	16:20	30'	16:20	16:50	5'	35'	16:55	17:30
13	EST (4) + CHN (3)	7	30'	16:25	16:55	30'	16:55	17:25	5'	35'	17:30	18:05
14	HUN (7)	7	30'	17:00	17:30	30'	17:30	18:00	5'	35'	18:05	18:40
15	HUN (1) + BRA (5)	6	30'	17:35	18:05	30'	18:05	18:35	5'	30'	18:40	19:10
16	GBR (7)	7	30'	18:05	18:35	30'	18:35	19:05	5'	35'	19:10	19:45
17	GBR (5) + UZB (1)	6	30'	18:40	19:10	30'	19:10	19:40	5'	30'	19:45	20:15
Tuesday - 15.09.2026 - 1st training day (without training on the competition floor)			Warm up Hall			Training Hall						
			General Warm-up 2			Floor 2				Floor 3 - (music) max. 2 exercises per unit		
Grp.	National Federations	N° of P/G	Time	In	Out	Time	In	Out	Time	In	Out	
18	KAZ (4) + HKG (3)	7	30'	9:00	9:30	30'	9:30	10:00	35'	10:00	10:35	
19	ITA (6)	6	30'	9:35	10:05	30'	10:05	10:35	30'	10:35	11:05	
20	POR (7)	7	30'	10:05	10:35	30'	10:35	11:05	35'	11:05	11:40	
21	POR (5) + BUL (2)	7	30'	10:40	11:10	30'	11:10	11:40	35'	11:40	12:15	
22	NED (6)	6	30'	11:15	11:45	30'	11:45	12:15	30'	12:15	12:45	
BREAK 30'												
23	BUL (7)	7	30'	12:15	12:45	30'	12:45	13:15	35'	13:15	13:50	
24	ESP (7)	7	30'	12:50	13:20	30'	13:20	13:50	35'	13:50	14:25	
25	ESP (2) + SUI (5)	7	30'	13:25	13:55	30'	13:55	14:25	35'	14:25	15:00	
26	ISR (7)	7	30'	14:00	14:30	30'	14:30	15:00	35'	15:00	15:35	
27	ISR (7)	7	30'	14:35	15:05	30'	15:05	15:35	35'	15:35	16:10	
28	ISR (2) + GRE (5)	7	30'	15:10	15:40	30'	15:40	16:10	35'	16:10	16:45	
29	POL (6)	6	30'	15:45	16:15	30'	16:15	16:45	30'	16:45	17:15	
30	POL (3) + IRL (3)	6	30'	16:15	16:45	30'	16:45	17:15	30'	17:15	17:45	
31	RUS (7)	7	30'	16:45	17:15	30'	17:15	17:45	35'	17:45	18:20	
32	RUS (7)	7	30'	17:20	17:50	30'	17:50	18:20	35'	18:20	18:55	
33	RUS (6)	6	30'	17:55	18:25	30'	18:25	18:55	30'	18:55	19:25	
34	IND (5) + RSA (3)	8	30'	18:25	18:55	30'	18:55	19:25	40'	19:25	20:05	
end of 1 st day												

 end of 1st day

TRAINING SCHEDULE - Youth & Junior

REVISED - 7.09.2026
Wednesday - 16.09.2026
2nd training day

Wednesday - 16.09.2026 2nd training day			Warm up Hall			Training Hall			Transition	FOP - Comp. Floor		
			General Warm-up 1			Floor 1				maximum 2 exercises per unit (music)		
Grp.	National Federations	N° of P/C	Time	In	Out	Time	In	Out		Time	In	Out
26	ISR (7)	7	30'	9:00	9:30	30'	9:30	10:00	5'	35'	10:05	10:40
27	ISR (7)	7	30'	9:35	10:05	30'	10:05	10:35	5'	35'	10:40	11:15
28	ISR (2) + GRE (5)	7	30'	10:10	10:40	30'	10:40	11:10	5'	35'	11:15	11:50
29	POL (6)	6	30'	10:45	11:15	30'	11:15	11:45	5'	30'	11:50	12:20
30	POL (3) + IRL (3)	6	30'	11:15	11:45	30'	11:45	12:15	5'	30'	12:20	12:50

BREAK 30'

31	RUS (7)	7	30'	12:15	12:45	30'	12:45	13:15	5'	35'	13:20	13:55
32	RUS (7)	7	30'	12:50	13:20	30'	13:20	13:50	5'	35'	13:55	14:30
33	RUS (6)	6	30'	13:25	13:55	30'	13:55	14:25	5'	30'	14:30	15:00
34	IND (5) + RSA (3)	8	30'	13:55	14:25	30'	14:25	14:55	5'	40'	15:00	15:40
18	KAZ (4) + HKG (3)	7	30'	14:35	15:05	30'	15:05	15:35	5'	30'	15:40	16:10
19	ITA (6)	6	30'	15:05	15:35	30'	15:35	16:05	5'	35'	16:10	16:45
20	POR (7)	7	30'	15:40	16:10	30'	16:10	16:40	5'	30'	16:45	17:15
21	POR (5) + BUL (2)	7	30'	16:10	16:40	30'	16:40	17:10	5'	35'	17:15	17:50
22	NED (6)	6	30'	16:45	17:15	30'	17:15	17:45	5'	35'	17:50	18:25
23	BUL (7)	7	30'	17:20	17:50	30'	17:50	18:20	5'	30'	18:25	18:55
24	ESP (7)	7	30'	17:50	18:20	30'	18:20	18:50	5'	35'	18:55	19:30
25	ESP (2) + SUI (5)	7	30'	18:25	18:55	30'	18:55	19:25	5'	35'	19:30	20:05

**Wednesday - 16.09.2026 - 2nd training day
 (without training on the competition floor)**

Wednesday - 16.09.2026 - 2nd training day (without training on the competition floor)			Warm up Hall			Training Hall						
			General Warm-up 2			Floor 2				Floor 3 - (music) max. 2 exercises per unit		
			Time	In	Out					Time	In	Out
9	BEL (7)	7	30'	9:00	9:30	30'	9:30	10:00		5'	10:05	10:40
10	BEL (1) + AZE (5)	6	30'	9:35	10:05	30'	10:05	10:35		5'	10:40	11:10
11	FRA (7) (Updated - 7th Sep)	7	30'	10:05	10:35	30'	10:35	11:05		5'	11:10	11:45
12	FRA (2) + BLR (5)	7	30'	10:40	11:10	30'	11:10	11:40		5'	11:45	12:20
13	EST (4) + CHN (3)	7	30'	11:15	11:45	30'	11:45	12:15		5'	12:20	12:55

BREAK 30'

14	HUN (7)	7	30'	12:25	12:55	30'	12:55	13:25	35'	13:25	14:00
15	HUN (1) + BRA (5)	6	30'	13:00	13:30	30'	13:30	14:00	30'	14:00	14:30
16	GBR (7)	7	30'	13:30	14:00	30'	14:00	14:30	35'	14:30	15:05
17	GBR (5) + UZB (1)	6	30'	14:05	14:35	30'	14:35	15:05	30'	15:05	15:35
1	GER (7)	7	30'	14:35	15:05	30'	15:05	15:35	35'	15:35	16:10
2	GER (4) + CAN (3)	7	30'	15:10	15:40	30'	15:40	16:10	35'	16:10	16:45
3	UKR (7)	7	30'	15:45	16:15	30'	16:15	16:45	35'	16:45	17:20
4	UKR (1) + AUT (5)	6	30'	16:20	16:50	30'	16:50	17:20	30'	17:20	17:50
5	AUS (8)	8	30'	16:50	17:20	30'	17:20	17:50	40'	17:50	18:30
6	GEO (5) + FIN (2)	7	30'	17:30	18:00	30'	18:00	18:30	35'	18:30	19:05
7	USA (7)	7	30'	18:05	18:35	30'	18:35	19:05	35'	19:05	19:40
8	USA(3) + COL(2) + CZE(1) + PUR(1)	7	30'	18:40	19:10	30'	19:10	19:40	35'	19:40	20:15

 end of 2nd day

TRAINING SCHEDULE - Youth & Junior

Thursday - 17.09.2026 | 3rd training day & 1st competition day

Warm up & Training - ONLY for units without competition on September 17

ONLY FOR WYC - WP & WG			Warm Up Hall General Warm-up 1			Training Hall Floor 1 (NO MUSIC)		
Grp.	National Federations	N° of P/G	Time	In	Out	Time	In	Out
1	GER (4) + AUT (4)	8	30'	9:00	9:30	60'	9:30	10:30
2	BRA(2) + BUL(2) + EST(2) + HKG(2)	8	30'	10:00	10:30	60'	10:30	11:30
3	POR (4) + POL (4)	8	30'	11:00	11:30	60'	11:30	12:30
4	USA (4) + ESP (4)	8	30'	12:00	12:30	60'	12:30	13:30
5	FRA (4) + GBR (4)	8	30'	13:00	13:30	60'	13:30	14:30
6	BLR(1) + IND(2) + IRL(2) + ITA(2) + FIN(1)	8	30'	14:00	14:30	60'	14:30	15:30
7	CAN (3) + HUN (3) + AZE (2)	8	30'	15:00	15:30	60'	15:30	16:30
8	RUS (4) + KAZ (2) + NED (2)	8	30'	16:00	16:30	60'	16:30	17:30
9	ISR (4) + AUS (4)	8	30'	17:00	17:30	60'	17:30	18:30
10	BEL (3) + RSA (2) + CZE (1) + GRE (1)	7	30'	18:00	18:30	60'	18:30	19:30
11	UKR (2) + SUI (3) + PUR (1) + GEO (1)	7	30'	19:00	19:30	60'	19:30	20:30

end of 3rd day

Friday - 18.09.2026 | 4th training day & 2nd competition day

Warm up & Training - ONLY for units without competition on 18.09.2026

ONLY FOR JWCH - WG, MxP & WP			Warm Up Hall General Warm-up 1			Training Hall Floor 1 (NO MUSIC)		
Grp.	National Federations	N° of P/G	Time	In	Out	Time	In	Out
1	ISR (5) + IND (3)	8	30'	9:00	9:30	60'	9:30	10:30
2	POR (5) + ESP (3)	8	30'	10:00	10:30	60'	10:30	11:30
3	HUN (4) + FRA (4)	8	30'	11:00	11:30	60'	11:30	12:30
4	BLR (2) + GBR (4) + GEO (2)	8	30'	12:00	12:30	60'	12:30	13:30
5	UKR (5) + BEL (3)	8	30'	13:00	13:30	60'	13:30	14:30
6	GER (5) + AUS (3)	8	30'	14:00	14:30	60'	14:30	15:30
7	ITA (3) + NED (3) + BRA (2)	8	30'	15:00	15:30	60'	15:30	16:30
8	BUL (2) + EST (2) + GRE (2) + SUI (2)	8	30'	16:00	16:30	60'	16:30	17:30
9	RUS (6) + AZE (1)	7	30'	17:00	17:30	60'	17:30	18:30
10	POL (4) + USA (3)	7	30'	18:00	18:30	60'	18:30	19:30
11	FIN (1) + HKG (1) + IRL (1) + KAZ (1) + RSA (1) + CHN (1) + AUT (1)	7	30'	19:00	19:30	60'	19:30	20:30

end of 4th day

Saturday - 19.09.2026 | 5th training day & 3rd competition day
Warm up & Training - ONLY for units without competition on 19.09.2026

ONLY FOR - WYC – MxP, MP & MG			Warm Up Hall			Training Hall		
JWCH - MP & MG			General			Floor 1		
			Warm-up 1			(NO MUSIC)		
Grp.	National Federations	N° of P/G	Time	In	Out	Time	In	Out
1	WYC – MxP	8	30'	14:00	14:30	60'	14:30	15:30
2	WYC – MP	6	30'	15:00	15:30	60'	15:30	16:30
3	WYC – MG	6	30'	16:00	16:30	60'	16:30	17:30
4	JWCH - MP	6	30'	17:00	17:30	60'	17:30	18:30
5	JWCH - MG	7	30'	18:00	18:30	60'	18:30	19:30

end of 5th day
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