

TRAINING SCHEDULE - SENIORS

REVISED - 21.09.2026 - AUS (1 MORE UNIT)

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'	08:30	09:00	30'	09:00	09:30	30'	09:30	10:00	30'	10:00	10:30	5'	35'	10:35	11:10
2	UKR (6) + ARM (1)	7	30'	09:07	09:37	30'	09:37	10:07	30'	10:07	10:37	30'	10:37	11:07	5'	35'	11:12	11:47
3	AUS (4) + AUT (3) + CAN (1)	8	30'	09:44	10:14	30'	10:14	10:44	30'	10:44	11:14	30'	11:14	11:44	5'	40'	11:49	12:29
4	POR (6) + ITA (1)	7	30'	10:26	10:56	30'	10:56	11:26	30'	11:26	11:56	30'	11:56	12:26	5'	35'	12:31	13:06

BREAK 30'

5	USA (4) + AZE (3)	7	30'	11:31	12:01	30'	12:01	12:31	30'	12:31	13:01	30'	13:01	13:31	5'	35'	13:36	14:11	35'	13:36	14:11
6	BLR (5) + FIN (2)	7	30'	12:08	12:38	30'	12:38	13:08	30'	13:08	13:38	30'	13:38	14:08	5'	35'	14:13	14:48	35'	14:13	14:48
7	ISR (7)	7	30'	12:45	13:15	30'	13:15	13:45	30'	13:45	14:15	30'	14:15	14:45	5'	35'	14:50	15:25	35'	14:50	15:25
8	GBR (6) + KAZ (1)	7	30'	13:22	13:52	30'	13:52	14:22	30'	14:22	14:52	30'	14:52	15:22	5'	35'	15:27	16:02	35'	15:27	16:02
9	POL (5) + ESP (2)	7	30'	13:59	14:29	30'	14:29	14:59	30'	14:59	15:29	30'	15:29	15:59	5'	35'	16:04	16:39	35'	16:04	16:39
10	RUS (7)	7	30'	14:36	15:06	30'	15:06	15:36	30'	15:36	16:06	30'	16:06	16:36	5'	35'	16:41	17:16	35'	16:41	17:16
11	RUS (3) + BEL (3) + MDA (1)	7	30'	15:13	15:43	30'	15:43	16:13	30'	16:13	16:43	30'	16:43	17:13	5'	35'	17:18	17:53	35'	17:18	17:53
12	BUL(2) + GEO(2) + HUN(2) + RSA(1)	7	30'	15:50	16:20	30'	16:20	16:50	30'	16:50	17:20	30'	17:20	17:50	5'	35'	17:55	18:30	35'	17:55	18:30
13	CHN (3) + FRA (3) + SUI (1) + BRA(1)	8	30'	16:27	16:57	30'	16:57	17:27	30'	17:27	17:57	30'	17:57	18:27	5'	40'	18:32	19:12	40'	18:32	19:12
14	PRK (2) + UZB (2) + IND (4)	8	30'	17:09	17:39	30'	17:39	18:09	30'	18:09	18:39	30'	18:39	19:09	5'	40'	19:14	19:54	40'	19:14	19:54

end of 1st day

Wenesday - 23.09.2026 2nd training day			Warm Up Hall			Training Hall									Transition	FOP - Comp. Floor		
			General			Floor 1			Floor 2			Floor 3 (music)				max. 2 exerc. p/ unit (music)		
			Warm-up 1 & 2															
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'	08:30	09:00	30'	09:00	09:30	30'	09:30	10:00	30'	10:00	10:30	5'	35'	10:35	11:10
9	POL (5) + ESP (2)	7	30'	09:07	09:37	30'	09:37	10:07	30'	10:07	10:37	30'	10:37	11:07	5'	35'	11:12	11:47
10	RUS (7)	7	30'	09:44	10:14	30'	10:14	10:44	30'	10:44	11:14	30'	11:14	11:44	5'	35'	11:49	12:24
11	RUS (3) + BEL (3) + MDA (1)	7	30'	10:21	10:51	30'	10:51	11:21	30'	11:21	11:51	30'	11:51	12:21	5'	35'	12:26	13:01

BREAK 30'

12	BUL(2) + GEO(2) + HUN(2) + RSA(1)	7	30'	11:26	11:56	30'	11:56	12:26	30'	12:26	12:56	30'	12:56	13:26	5'	35'	13:31	14:06	35'	13:31	14:06
13	CHN (3) + FRA (3) + SUI (1) + BRA(1)	8	30'	12:03	12:33	30'	12:33	13:03	30'	13:03	13:33	30'	13:33	14:03	5'	40'	14:08	14:48	40'	14:08	14:48
14	PRK (2) + UZB (2) + IND (4)	8	30'	12:45	13:15	30'	13:15	13:45	30'	13:45	14:15	30'	14:15	14:45	5'	40'	14:50	15:30	40'	14:50	15:30
1	GER (7)	7	30'	13:27	13:57	30'	13:57	14:27	30'	14:27	14:57	30'	14:57	15:27	5'	35'	15:32	16:07	35'	15:32	16:07
2	UKR (6) + ARM (1)	7	30'	14:04	14:34	30'	14:34	15:04	30'	15:04	15:34	30'	15:34	16:04	5'	35'	16:09	16:44	35'	16:09	16:44
3	AUS (4) + AUT (3) + CAN (1)	8	30'	14:41	15:11	30'	15:11	15:41	30'	15:41	16:11	30'	16:11	16:41	5'	40'	16:46	17:26	40'	16:46	17:26
4	POR (6) + ITA (1)	7	30'	15:23	15:53	30'	15:53	16:23	30'	16:23	16:53	30'	16:53	17:23	5'	35'	17:28	18:03	35'	17:28	18:03
5	USA (4) + AZE (3)	7	30'	16:00	16:30	30'	16:30	17:00	30'	17:00	17:30	30'	17:30	18:00	5'	35'	18:05	18:40	35'	18:05	18:40
6	BLR (5) + FIN (2)	7	30'	16:37	17:07	30'	17:07	17:37	30'	17:37	18:07	30'	18:07	18:37	5'	35'	18:42	19:17	35'	18:42	19:17
7	ISR (7)	7	30'	17:14	17:44	30'	17:44	18:14	30'	18:14	18:44	30'	18:44	19:14	5'	35'	19:19	19:54	35'	19:19	19:54

end of 2nd day