

DRAW

Subd. 1		Subd. 2		Subd. 3		Subd. 4		Subd. 5		Subd. 6		Subd. 7		Subd. 8	
FX	ALG	FX	CRO-SRI	FX	HUN	FX		FX	KOR-RSA	FX	BAN-THA	FX	POR-DEN	FX	AZE
PH	MAS-POL	PH	GBR-LTU	PH	CHI-MGL	PH	AIN2	PH	GER-CUB	PH	MEX-SGP	PH	ISR-VEN	PH	FIN
SR	JAM-SYR	SR	KAZ-VIE	SR	ITA	SR	NED-EGY	SR	ESP-CYP	SR	CZE-MAR	SR	AUS-SRB	SR	CHN
VT	JPN-AIN1	VT	BEL-NAM	VT	PER-MON	VT	NZL-ARM	VT	SUI	VT	COL-QAT	VT	INA	VT	TUR-CMR
PB	IRI	PB	BRA-JOR	PB	NOR	PB	TPE	PB	ISL-CAY	PB	SWE-LUX	PB	IND-PUR	PB	CAN
HB	GRE-PAN	HB	AUT	HB	UKR	HB	USA-LAT	HB	BUL-UZB	HB	PHI-ALB	HB	SLO-HKG	HB	FRA-TTO

Competition

SUB 1
SUB 2
SUB 3
SUB 4
SUB 5
SUB 6
SUB 7
SUB 8

FX	PH	SR	VT	PB	HB
ALG	MAS-POL	JAM-SYR	JPN-AIN1	IRI	GRE-PAN
CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR	AUT
HUN	CHI-MGL	ITA	PER-MON	NOR	UKR
	AIN2	NED-EGY	NZL-ARM	TPE	USA-LAT
KOR-RSA	GER-CUB	ESP-CYP	SUI	ISL-CAY	BUL-UZB
BAN-THA	MEX-SGP	CZE-MAR	COL-QAT	SWE-LUX	PHI-ALB
POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG
AZE	FIN	CHN	TUR-CMR	CAN	FRA-TTO



53rd
Artistic Gymnastics
World Championships
 Jakarta 2025

Wednesday, 15 October 2025

	Stretching Area	Training Hall #1	Stretching Area	Training Hall #2	Warm-Up Hall	FOP
7:15:00						
7:30:00						
7:45:00						
8:00:00						
8:15:00						
8:30:00						
8:45:00	S-DIV 1 08:45-09:00		S-DIV 7 08:45-09:00			
9:00:00						
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9:45:00						
10:00:00						
10:15:00						
10:30:00		S-DIV 1 09:00-12:00		S-DIV 7 09:00-12:00		
10:45:00						
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11:15:00						
11:30:00						
11:45:00	S-DIV 2 11:45-12:00		S-DIV 8 11:45-12:00			
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13:00:00						
13:15:00		S-DIV 2 12:00-15:00		S-DIV 8 12:00-15:00		
13:30:00						
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14:15:00						
14:30:00						
14:45:00	S-DIV 3 14:45-15:00		S-DIV 4 14:45-15:00			
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15:45:00						
16:00:00						
16:15:00		S-DIV 3 15:00-18:00		S-DIV 4 15:00-18:00		
16:30:00						
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17:15:00						
17:30:00						
17:45:00	S-DIV 5 17:45-18:00		S-DIV 6 17:45-18:00			
18:00:00						
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18:45:00						
19:00:00						
19:15:00		S-DIV 5 18:00-21:00		S-DIV 6 18:00-21:00		
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22:15:00						
22:30:00						
22:45:00						
23:00:00						

MAG Training Day

	General Warm-up		Apparatus Training	
	Start	Finish	Start	Finish
S-DIV 1	8:45:00	9:00:00	9:00:00	12:00:00
S-DIV 2	11:45:00	12:00:00	12:00:00	15:00:00
S-DIV 3	14:45:00	15:00:00	15:00:00	18:00:00
S-DIV 4	14:45:00	15:00:00	15:00:00	18:00:00
S-DIV 5	17:45:00	18:00:00	18:00:00	21:00:00
S-DIV 6	17:45:00	18:00:00	18:00:00	21:00:00
S-DIV 7	8:45:00	9:00:00	9:00:00	12:00:00
S-DIV 8	11:45:00	12:00:00	12:00:00	15:00:00



Training Hall #1

30 min/rotation		00:30					
Subdivision 1		FX	PH	SR	VT	PB	HB
8:45	9:00	General Warm-up					
9:00	9:30	ALG	MAS-POL	JAM-SYR	JPN-AIN1	IRI	GRE-PAN
9:30	10:00	GRE-PAN	ALG	MAS-POL	JAM-SYR	JPN-AIN1	IRI
10:00	10:30	IRI	GRE-PAN	ALG	MAS-POL	JAM-SYR	JPN-AIN1
10:30	11:00	JPN-AIN1	IRI	GRE-PAN	ALG	MAS-POL	JAM-SYR
11:00	11:30	JAM-SYR	JPN-AIN1	IRI	GRE-PAN	ALG	MAS-POL
11:30	12:00	MAS-POL	JAM-SYR	JPN-AIN1	IRI	GRE-PAN	ALG

30 min/rotation		00:30					
Subdivision 2		FX	PH	SR	VT	PB	HB
11:45	12:00	General Warm-up					
12:00	12:30	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR	AUT
12:30	13:00	AUT	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR
13:00	13:30	BRA-JOR	AUT	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM
13:30	14:00	BEL-NAM	BRA-JOR	AUT	CRO-SRI	GBR-LTU	KAZ-VIE
14:00	14:30	KAZ-VIE	BEL-NAM	BRA-JOR	AUT	CRO-SRI	GBR-LTU
14:30	15:00	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR	AUT	CRO-SRI

30 min/rotation		00:30					
Subdivision 3		FX	PH	SR	VT	PB	HB
14:45	15:00	General Warm-up					
15:00	15:30	HUN	CHI-MGL	ITA	PER-MON	NOR	UKR
15:30	16:00	UKR	HUN	CHI-MGL	ITA	PER-MON	NOR
16:00	16:30	NOR	UKR	HUN	CHI-MGL	ITA	PER-MON
16:30	17:00	PER-MON	NOR	UKR	HUN	CHI-MGL	ITA
17:00	17:30	ITA	PER-MON	NOR	UKR	HUN	CHI-MGL
17:30	18:00	CHI-MGL	ITA	PER-MON	NOR	UKR	HUN

30 min/rotation		00:30					
Subdivision 5		FX	PH	SR	VT	PB	HB
17:45	18:00	General Warm-up					
18:00	18:30	KOR-RSA	GER-CUB	ESP-CYP	SUI	ISL-CAY	BUL-UZB
18:30	19:00	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP	SUI	ISL-CAY
19:00	19:30	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP	SUI
19:30	20:00	SUI	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP
20:00	20:30	ESP-CYP	SUI	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB
20:30	21:00	GER-CUB	ESP-CYP	SUI	ISL-CAY	BUL-UZB	KOR-RSA

Training Hall #2

30 min/rotation		00:30					
Subdivision 7		FX	PH	SR	VT	PB	HB
8:45	9:00	General Warm-up					
9:00	9:30	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG
9:30	10:00	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR
10:00	10:30	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA
10:30	11:00	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB
11:00	11:30	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN
11:30	12:00	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN

30 min/rotation		00:30					
Subdivision 8		FX	PH	SR	VT	PB	HB
11:45	12:00	General Warm-up					
12:00	12:30	AZE	FIN	CHN	TUR-CMR	CAN	FRA-TTO
12:30	13:00	FRA-TTO	AZE	FIN	CHN	TUR-CMR	CAN
13:00	13:30	CAN	FRA-TTO	AZE	FIN	CHN	TUR-CMR
13:30	14:00	TUR-CMR	CAN	FRA-TTO	AZE	FIN	CHN
14:00	14:30	CHN	TUR-CMR	CAN	FRA-TTO	AZE	FIN
14:30	15:00	FIN	CHN	TUR-CMR	CAN	FRA-TTO	AZE

30 min/rotation		00:30					
Subdivision 4		FX	PH	SR	VT	PB	HB
14:45	15:00	General Warm-up					
15:00	15:30		AIN2	NED-EGY	NZL-ARM	TPE	USA-LAT
15:30	16:00	USA-LAT		AIN2	NED-EGY	NZL-ARM	TPE
16:00	16:30	TPE	USA-LAT		AIN2	NED-EGY	NZL-ARM
16:30	17:00	NZL-ARM	TPE	USA-LAT		AIN2	NED-EGY
17:00	17:30	NED-EGY	NZL-ARM	TPE	USA-LAT		AIN2
17:30	18:00	AIN2	NED-EGY	NZL-ARM	TPE	USA-LAT	

30 min/rotation		00:30					
Subdivision 6		FX	PH	SR	VT	PB	HB
17:45	18:00	General Warm-up					
18:00	18:30	BAN-THA	MEX-SGP	CZE-MAR	COL-QAT	SWE-LUX	PHI-ALB
18:30	19:00	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR	COL-QAT	SWE-LUX
19:00	19:30	SWE-LUX	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR	COL-QAT
19:30	20:00	COL-QAT	SWE-LUX	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR
20:00	20:30	CZE-MAR	COL-QAT	SWE-LUX	PHI-ALB	BAN-THA	MEX-SGP
20:30	21:00	MEX-SGP	CZE-MAR	COL-QAT	SWE-LUX	PHI-ALB	BAN-THA

Thursday, 16 October 2025						
Stretching Judo	Training Hall #1	Stretching Judo	Training Hall #2	Warm-up Judo	FOP	
7:15:00						
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22:45:00						
23:00:00						

MAG Podium Training Sub 1-6

General Warm-up		Apparatus Training		Warm-up		FOP	
Start	Finish	Start	Finish	Start	Finish	Start	Finish
S-DIV 1	16:00:00	16:15:00	17:45:00	8:15:00	9:45:00	10:00:00	11:45:00
S-DIV 2	17:30:00	17:45:00	19:15:00	10:05:00	11:35:00	11:50:00	13:30:00
S-DIV 3	20:00:00	20:15:00	21:45:00	12:30:00	14:00:00	14:15:00	15:55:00
S-DIV 4	8:30:00	8:45:00	8:45:00	10:15:00	12:00:00	12:15:00	13:45:00
S-DIV 5	11:00:00	11:15:00	11:15:00	12:45:00	16:45:00	18:30:00	20:10:00
S-DIV 6	12:45:00	13:00:00	13:00:00	14:30:00	18:35:00	20:05:00	22:00:00
S-DIV 7	8:45:00	9:00:00	9:00:00	12:00:00			
S-DIV 8	11:45:00	12:00:00	12:00:00	15:00:00			

Training Hall #1

Subdivision 1		FX	PH	SR	VT	PB	HB
General Warm-up							
8:45	9:00	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG
9:30	10:00	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR
10:00	10:30	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA
10:30	11:00	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB
11:00	11:30	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN
11:30	12:00	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN



53rd
Artistic Gymnastics
World Championships
Jakarta 2025

Training Hall #2

Subdivision 1		FX	PH	SR	VT	PB	HB
General Warm-up							
8:45	9:00		AIN2	NED-EGY	NZL-ARM	TPE	USA-LAT
9:00	9:15						
9:15	9:30	USA-LAT		AIN2	NED-EGY	NZL-ARM	TPE
9:30	9:45	TPE	USA-LAT	AIN2	NED-EGY	NZL-ARM	
9:45	10:00	NZL-ARM	TPE	USA-LAT	AIN2	NED-EGY	
10:00	10:15	NED-EGY	NZL-ARM	TPE	USA-LAT	AIN2	
10:15	10:30	AIN2	NED-EGY	NZL-ARM	TPE	USA-LAT	

30 min/rotation

Subdivision 1		FX	PH	SR	VT	PB	HB
General Warm-up							
11:45	12:00	AZE	FIN	CHN	TUR-CMR	CAN	FRA-TTO
12:00	12:30						
12:30	13:00	FRA-TTO	AZE	FIN	CHN	TUR-CMR	CAN
13:00	13:30	CAN	FRA-TTO	AZE	FIN	CHN	TUR-CMR
13:30	14:00	TUR-CMR	CAN	FRA-TTO	AZE	FIN	CHN
14:00	14:30	CHN	TUR-CMR	CAN	FRA-TTO	AZE	FIN
14:30	15:00	FIN	CHN	TUR-CMR	CAN	FRA-TTO	AZE

15 min/rotation

Subdivision 1		FX	PH	SR	VT	PB	HB
General Warm-up							
16:00	16:15	ALG	MAS-POL	JAM-SYR	JPN-AIN1	IRI	GRE-PAN
16:15	16:30						
16:30	16:45	GRE-PAN	ALG	MAS-POL	JAM-SYR	JPN-AIN1	IRI
16:45	17:00	IRI	GRE-PAN	ALG	MAS-POL	JAM-SYR	JPN-AIN1
17:00	17:15	JPN-AIN1	IRI	GRE-PAN	ALG	MAS-POL	JAM-SYR
17:15	17:30	JAM-SYR	JPN-AIN1	IRI	GRE-PAN	ALG	MAS-POL
17:30	17:45	MAS-POL	JAM-SYR	JPN-AIN1	IRI	GRE-PAN	ALG

15 min/rotation

Subdivision 3		FX	PH	SR	VT	PB	HB
General Warm-up							
20:00	20:15	HUN	CHMGL	ITA	PER-MON	NOR	UKR
20:15	20:30						
20:30	20:45	UKR	HUN	CHMGL	ITA	PER-MON	NOR
20:45	21:00	NOR	UKR	HUN	CHMGL	ITA	PER-MON
21:00	21:15	PER-MON	NOR	UKR	HUN	CHMGL	ITA
21:15	21:30	ITA	PER-MON	NOR	UKR	HUN	CHMGL
21:30	21:45	CHMGL	ITA	PER-MON	NOR	UKR	HUN

15 min/rotation

Subdivision 6		FX	PH	SR	VT	PB	HB
General Warm-up							
13:00	13:15	BAN-THA	MEX-SGP	CZE-MAR	COL-GAT	SWE-LUX	PHI-ALB
13:15	13:30	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR	COL-GAT	SWE-LUX
13:30	13:45	SWE-LUX	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR	COL-GAT
13:45	14:00	COL-GAT	SWE-LUX	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR
14:00	14:15	CZE-MAR	COL-GAT	SWE-LUX	PHI-ALB	BAN-THA	MEX-SGP
14:15	14:30	MEX-SGP	CZE-MAR	COL-GAT	SWE-LUX	PHI-ALB	BAN-THA

15 min/rotation

Subdivision 2		FX	PH	SR	VT	PB	HB
General Warm-up							
17:30	17:45	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR	AUT
17:45	18:00						
18:00	18:15	AUT	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR
18:15	18:30	BRA-JOR	AUT	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM
18:30	18:45	BEL-NAM	BRA-JOR	AUT	CRO-SRI	GBR-LTU	KAZ-VIE
18:45	19:00	KAZ-VIE	BEL-NAM	BRA-JOR	AUT	CRO-SRI	GBR-LTU
19:00	19:15	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR	AUT	CRO-SRI

Warm-up

Subdivision 1		FX	PH	SR	VT	PB	HB
General Warm-up							
8:15	8:30						
8:30	8:45	GRE-PAN	ALG	MAS-POL	JAM-SYR	JPN-AIN1	IRI
8:45	8:55	IRI	GRE-PAN	ALG	MAS-POL	JAM-SYR	JPN-AIN1
8:55	9:07	JPN-AIN1	IRI	GRE-PAN	ALG	MAS-POL	JAM-SYR
9:07	9:20	JAM-SYR	JPN-AIN1	IRI	GRE-PAN	ALG	MAS-POL
9:20	9:32	MAS-POL	JAM-SYR	JPN-AIN1	IRI	GRE-PAN	ALG
9:32	9:45	ALG	MAS-POL	JAM-SYR	JPN-AIN1	IRI	GRE-PAN

12 min and 30 sec/rot.

Subdivision 2		FX	PH	SR	VT	PB	HB
General Warm-up							
10:05	10:20	AUT	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR
10:20	10:35						
10:35	10:45	BRA-JOR	AUT	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM
10:45	10:57	BEL-NAM	BRA-JOR	AUT	CRO-SRI	GBR-LTU	KAZ-VIE
10:57	11:10	KAZ-VIE	BEL-NAM	BRA-JOR	AUT	CRO-SRI	GBR-LTU
11:10	11:22	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR	AUT	CRO-SRI
11:22	11:35	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR	AUT

12 min and 30 sec/rot.

Subdivision 3		FX	PH	SR	VT	PB	HB
General Warm-up							
12:30	12:45	UKR	HUN	CHMGL	ITA	PER-MON	NOR
12:45	12:57						
12:57	13:10	NOR	UKR	HUN	CHMGL	ITA	PER-MON
13:10	13:22	PER-MON	NOR	UKR	HUN	CHMGL	ITA
13:22	13:35	ITA	PER-MON	NOR	UKR	HUN	CHMGL
13:35	13:47	CHMGL	ITA	PER-MON	NOR	UKR	HUN
13:47	14:00	HUN	CHMGL	ITA	PER-MON	NOR	UKR

12 min and 30 sec/rot.

Subdivision 4		FX	PH	SR	VT	PB	HB
General Warm-up							
14:20	14:35	USA-LAT	AIN2	NED-EGY	NZL-ARM	TPE	
14:35	14:47						
14:47	15:00	TPE	USA-LAT	AIN2	NED-EGY	NZL-ARM	TPE
15:00	15:12	NZL-ARM	TPE	USA-LAT	AIN2	NED-EGY	
15:12	15:25	NED-EGY	NZL-ARM	TPE	USA-LAT	AIN2	
15:25	15:37	AIN2	NED-EGY	NZL-ARM	TPE	USA-LAT	
15:37	15:50	AIN2	NED-EGY	NZL-ARM	TPE	USA-LAT	

12 min and 30 sec/rot.

Subdivision 5		FX	PH	SR	VT	PB	HB
General Warm-up							
16:45	17:00	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP	SUI	ISL-CAY
17:00	17:12						
17:12	17:25	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP	SUI
17:25	17:37	SUI	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP
17:37	17:50	ESP-CYP	SUI	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB
17:50	18:02	GER-CUB	ESP-CYP	SUI	ISL-CAY	BUL-UZB	KOR-RSA
18:02	18:15	KOR-RSA	GER-CUB	ESP-CYP	SUI	ISL-CAY	BUL-UZB

12 min and 30 sec/rot.

Friday, 17 October 2025						
Stretching Appt.	Training Hall #1	Stretching Appt.	Training Hall #2	Warm-up Rm.	FOP	
7:15:00						
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17:15:00						
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21:45:00						
22:00:00						
22:15:00						
22:30:00						
22:45:00						
23:00:00						

MAG Podium Training Sub 7-8

General Warm-up		Apparatus Training		Warm-up		FOP	
Start	Finish	Start	Finish	Start	Finish	Start	Finish
S-DIV 1	8:45:00	9:00:00	9:00:00	12:00:00	12:00:00		
S-DIV 2	10:45:00	11:00:00	11:00:00	14:00:00			
S-DIV 3	12:45:00	13:00:00	13:00:00	18:00:00			
S-DIV 4	14:15:00	14:30:00	14:30:00	17:30:00			
S-DIV 5	17:45:00	18:00:00	18:00:00	21:00:00			
S-DIV 6	18:45:00	19:00:00	19:00:00	22:00:00			
S-DIV 7	16:00:00	16:15:00	16:15:00	17:45:00	8:15:00	9:45:00	10:00:00
S-DIV 8	17:15:00	17:30:00	17:30:00	19:00:00	10:05:00	11:35:00	11:50:00
							13:30:00

Training Hall #1

30 min/rotation	00:30	FX	PH	SR	VT	PB	HB
Subdivision 1	General Warm-up						
8:45	9:00	ALG	MAS-POL	JAM-SYR	JPN-AIN	IRI	GRE-PAN
9:30	10:00	GRE-PAN	ALG	MAS-POL	JAM-SYR	JPN-AIN	IRI
10:00	10:30	IRI	GRE-PAN	ALG	MAS-POL	JAM-SYR	JPN-AIN
10:30	11:00	JPN-AIN	IRI	GRE-PAN	ALG	MAS-POL	JAM-SYR
11:00	11:30	JAM-SYR	JPN-AIN	IRI	GRE-PAN	ALG	MAS-POL
11:30	12:00	MAS-POL	JAM-SYR	JPN-AIN	IRI	GRE-PAN	ALG

30 min/rotation	00:30	FX	PH	SR	VT	PB	HB
Subdivision 3	General Warm-up						
12:45	13:00	HUN	CHM-MGL	ITA	PER-MON	NOR	UKR
13:00	13:30	HUN	CHM-MGL	ITA	PER-MON	NOR	UKR
13:30	14:00	UKR	HUN	CHM-MGL	ITA	PER-MON	NOR
14:00	14:30	NOR	UKR	HUN	CHM-MGL	ITA	PER-MON
14:30	15:00	PER-MON	NOR	UKR	HUN	CHM-MGL	ITA
15:00	15:30	ITA	PER-MON	NOR	UKR	HUN	CHM-MGL
15:30	16:00	CHM-MGL	ITA	PER-MON	NOR	UKR	HUN

15 min/rotation	00:15	FX	PH	SR	VT	PB	HB
Subdivision 7	General Warm-up						
16:00	16:15	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG
16:15	16:30	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG
16:30	16:45	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR
16:45	17:00	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA
17:00	17:15	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB
17:15	17:30	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN
17:30	17:45	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN

30 min/rotation	00:30	FX	PH	SR	VT	PB	HB
Subdivision 5	General Warm-up						
17:45	18:00	KOR-RSA	GER-CUB	ESP-CYP	SUI	ISL-CAY	BUL-UZB
18:00	18:30	KOR-RSA	GER-CUB	ESP-CYP	SUI	ISL-CAY	BUL-UZB
18:30	19:00	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP	SUI	ISL-CAY
19:00	19:30	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP	SUI
19:30	20:00	SUI	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP
20:00	20:30	ESP-CYP	SUI	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB
20:30	21:00	GER-CUB	ESP-CYP	SUI	ISL-CAY	BUL-UZB	KOR-RSA

Training Hall #2

30 min/rotation	00:30	FX	PH	SR	VT	PB	HB
Subdivision 2	General Warm-up						
10:45	11:00	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR	AUT
11:00	11:30	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR	AUT
11:30	12:00	AUT	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR
12:00	12:30	BRA-JOR	AUT	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM
12:30	13:00	BEL-NAM	BRA-JOR	AUT	CRO-SRI	GBR-LTU	KAZ-VIE
13:00	13:30	KAZ-VIE	BEL-NAM	BRA-JOR	AUT	CRO-SRI	GBR-LTU
13:30	14:00	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR	AUT	CRO-SRI

30 min/rotation	00:30	FX	PH	SR	VT	PB	HB
Subdivision 4	General Warm-up						
14:15	14:30	FIN	CHN	NED-EGY	NZL-ARM	TPE	USA-LAT
14:30	15:00	FIN	CHN	NED-EGY	NZL-ARM	TPE	USA-LAT
15:00	15:30	USA-LAT	FIN	CHN	NED-EGY	NZL-ARM	TPE
15:30	16:00	TPE	USA-LAT	FIN	CHN	NED-EGY	NZL-ARM
16:00	16:30	NZL-ARM	TPE	USA-LAT	FIN	CHN	NED-EGY
16:30	17:00	NED-EGY	NZL-ARM	TPE	USA-LAT	FIN	CHN
17:00	17:30	FIN	CHN	NED-EGY	NZL-ARM	TPE	USA-LAT

15 min/rotation	00:15	FX	PH	SR	VT	PB	HB
Subdivision 8	General Warm-up						
17:15	17:30	AZE	FIN	CHN	TUR-CMR	CAN	FRA-TTO
17:30	17:45	AZE	FIN	CHN	TUR-CMR	CAN	FRA-TTO
17:45	18:00	FRA-TTO	AZE	FIN	CHN	TUR-CMR	CAN
18:00	18:15	CAN	FRA-TTO	AZE	FIN	CHN	TUR-CMR
18:15	18:30	TUR-CMR	CAN	FRA-TTO	AZE	FIN	CHN
18:30	18:45	CHN	TUR-CMR	CAN	FRA-TTO	AZE	FIN
18:45	19:00	FIN	CHN	TUR-CMR	CAN	FRA-TTO	AZE

30 min/rotation	00:30	FX	PH	SR	VT	PB	HB
Subdivision 6	General Warm-up						
18:45	19:00	BAN-THA	MEX-SGP	CZE-MAR	COL-QAT	SWI-LUX	PHI-ALB
19:00	19:30	BAN-THA	MEX-SGP	CZE-MAR	COL-QAT	SWI-LUX	PHI-ALB
19:30	20:00	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR	COL-QAT	SWI-LUX
20:00	20:30	SWI-LUX	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR	COL-QAT
20:30	21:00	COL-QAT	SWI-LUX	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR
21:00	21:30	CZE-MAR	COL-QAT	SWI-LUX	PHI-ALB	BAN-THA	MEX-SGP
21:30	22:00	MEX-SGP	CZE-MAR	COL-QAT	SWI-LUX	PHI-ALB	BAN-THA



Warm-up

12 min and 30 sec/rot	00:12	FX	PH	SR	VT	PB	HB
Subdivision 7	General Warm-up						
8:15	8:30	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR
8:30	8:42	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR
8:42	8:55	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA
8:55	9:07	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB
9:07	9:20	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN
9:20	9:32	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN
9:32	9:45	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG

12 min and 30 sec/rot

Subdivision 8	FX	PH	SR	VT	PB	HB
General Warm-up						
10:05	10:20	FRA-TTO	AZE	FIN	CHN	TUR-CMR
10:20	10:32	FRA-TTO	AZE	FIN	CHN	TUR-CMR
10:32	10:45	CAN	FRA-TTO	AZE	FIN	CHN
10:45	10:57	TUR-CMR	CAN	FRA-TTO	AZE	FIN
10:57	11:10	CHN	TUR-CMR	CAN	FRA-TTO	AZE
11:10	11:22	FIN	CHN	TUR-CMR	CAN	FRA-TTO
11:22	11:35	AZE	FIN	CHN	TUR-CMR	CAN

FOP

16 min 40 sec/rot	00:16	FX	PH	SR	VT	PB	HB
Subdivision 7	Transition Podium						
9:45	10:00						
10:00	10:16	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG
10:16	10:33	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR
10:33	10:50	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA
10:50	11:08	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB
11:08	11:23	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN
11:23	11:40	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN

16 min 40 sec/rot

Subdivision 8	FX	PH	SR	VT	PB	HB
General Warm-up						
11:35	11:50	AZE	FIN	CHN	TUR-CMR	CAN
11:50	12:06	AZE	FIN	CHN	TUR-CMR	CAN
12:06	12:23	FRA-TTO	AZE	FIN	CHN	TUR-CMR
12:23	12:40	CAN	FRA-TTO	AZE	FIN	CHN
12:40	12:56	TUR-CMR	CAN	FRA-TTO	AZE	FIN
12:56	13:13	CHN	TUR-CMR	CAN	FRA-TTO	AZE
13:13	13:30	FIN	CHN	TUR-CMR	CAN	FRA-TTO

Saturday, 18 October 2025

	Stretching Area	Training Hall #1	Stretching Area	Training Hall #2	Warm-Up Hall	FOP
7:15:00						
7:30:00						
7:45:00						
8:00:00						
8:15:00						
8:30:00						
8:45:00	S-DIV 7 08:45-09:00		S-DIV 1 08:45-09:00			
9:00:00						
9:15:00						
9:30:00						
9:45:00						
10:00:00						
10:15:00						
10:30:00		S-DIV 7 09:00-12:00		S-DIV 1 09:00-12:00		
10:45:00						
11:00:00						
11:15:00						
11:30:00						
11:45:00	S-DIV 8 11:45-12:00		S-DIV 2 11:45-12:00			
12:00:00						
12:15:00						
12:30:00						
12:45:00						
13:00:00						
13:15:00		S-DIV 8 12:00-15:00		S-DIV 2 12:00-15:00		
13:30:00						
13:45:00						
14:00:00						
14:15:00						
14:30:00						
14:45:00	S-DIV 4 14:45-15:00		S-DIV 3 14:45-15:00			
15:00:00						
15:15:00						
15:30:00						
15:45:00						
16:00:00						
16:15:00		S-DIV 4 15:00-18:00		S-DIV 3 15:00-18:00		
16:30:00						
16:45:00						
17:00:00						
17:15:00						
17:30:00						
17:45:00	S-DIV 6 17:45-18:00		S-DIV 5 17:45-18:00			
18:00:00						
18:15:00						
18:30:00						
18:45:00						
19:00:00						
19:15:00		S-DIV 6 18:00-21:00		S-DIV 5 18:00-21:00		
19:30:00						
19:45:00						
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22:15:00						
22:30:00						
22:45:00						
23:00:00						

MAG Training Day

	General Warm-up		Apparatus Training	
	Start	Finish	Start	Finish
S-DIV 1	8:45:00	9:00:00	9:00:00	12:00:00
S-DIV 2	11:45:00	12:00:00	12:00:00	15:00:00
S-DIV 3	14:45:00	15:00:00	15:00:00	18:00:00
S-DIV 4	14:45:00	15:00:00	15:00:00	18:00:00
S-DIV 5	17:45:00	18:00:00	18:00:00	21:00:00
S-DIV 6	17:45:00	18:00:00	18:00:00	21:00:00
S-DIV 7	8:45:00	9:00:00	9:00:00	12:00:00
S-DIV 8	11:45:00	12:00:00	12:00:00	15:00:00

Training Hall #1

30 min/rotation		00:30					
Subdivision 7		FX	PH	SR	VT	PB	HB
8:45	9:00	General Warm-up					
9:00	9:30	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG
9:30	10:00	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR
10:00	10:30	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA
10:30	11:00	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB
11:00	11:30	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN
11:30	12:00	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN

30 min/rotation		00:30					
Subdivision 8		FX	PH	SR	VT	PB	HB
11:45	12:00	General Warm-up					
12:00	12:30	AZE	FIN	CHN	TUR-CMR	CAN	FRA-TTO
12:30	13:00	FRA-TTO	AZE	FIN	CHN	TUR-CMR	CAN
13:00	13:30	CAN	FRA-TTO	AZE	FIN	CHN	TUR-CMR
13:30	14:00	TUR-CMR	CAN	FRA-TTO	AZE	FIN	CHN
14:00	14:30	CHN	TUR-CMR	CAN	FRA-TTO	AZE	FIN
14:30	15:00	FIN	CHN	TUR-CMR	CAN	FRA-TTO	AZE

30 min/rotation		00:30					
Subdivision 4		FX	PH	SR	VT	PB	HB
14:45	15:00	General Warm-up					
15:00	15:30		AIN2	NED-EGY	NZL-ARM	TPE	USA-LAT
15:30	16:00	USA-LAT		AIN2	NED-EGY	NZL-ARM	TPE
16:00	16:30	TPE	USA-LAT		AIN2	NED-EGY	NZL-ARM
16:30	17:00	NZL-ARM	TPE	USA-LAT		AIN2	NED-EGY
17:00	17:30	NED-EGY	NZL-ARM	TPE	USA-LAT		AIN2
17:30	18:00	AIN2	NED-EGY	NZL-ARM	TPE	USA-LAT	

30 min/rotation		00:30					
Subdivision 6		FX	PH	SR	VT	PB	HB
17:45	18:00	General Warm-up					
18:00	18:30	BAN-THA	MEX-SGP	CZE-MAR	COL-QAT	SWE-LUX	PHI-ALB
18:30	19:00	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR	COL-QAT	SWE-LUX
19:00	19:30	SWE-LUX	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR	COL-QAT
19:30	20:00	COL-QAT	SWE-LUX	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR
20:00	20:30	CZE-MAR	COL-QAT	SWE-LUX	PHI-ALB	BAN-THA	MEX-SGP
20:30	21:00	MEX-SGP	CZE-MAR	COL-QAT	SWE-LUX	PHI-ALB	BAN-THA



Training Hall #2

30 min/rotation		00:30					
Subdivision 1		FX	PH	SR	VT	PB	HB
8:45	9:00	General Warm-up					
9:00	9:30	ALG	MAS-POL	JAM-SYR	JPN-AIN1	IRI	GRE-PAN
9:30	10:00	GRE-PAN	ALG	MAS-POL	JAM-SYR	JPN-AIN1	IRI
10:00	10:30	IRI	GRE-PAN	ALG	MAS-POL	JAM-SYR	JPN-AIN1
10:30	11:00	JPN-AIN1	IRI	GRE-PAN	ALG	MAS-POL	JAM-SYR
11:00	11:30	JAM-SYR	JPN-AIN1	IRI	GRE-PAN	ALG	MAS-POL
11:30	12:00	MAS-POL	JAM-SYR	JPN-AIN1	IRI	GRE-PAN	ALG

30 min/rotation		00:30					
Subdivision 2		FX	PH	SR	VT	PB	HB
11:45	12:00	General Warm-up					
12:00	12:30	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR	AUT
12:30	13:00	AUT	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR
13:00	13:30	BRA-JOR	AUT	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM
13:30	14:00	BEL-NAM	BRA-JOR	AUT	CRO-SRI	GBR-LTU	KAZ-VIE
14:00	14:30	KAZ-VIE	BEL-NAM	BRA-JOR	AUT	CRO-SRI	GBR-LTU
14:30	15:00	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR	AUT	CRO-SRI

30 min/rotation		00:30					
Subdivision 3		FX	PH	SR	VT	PB	HB
14:45	15:00	General Warm-up					
15:00	15:30	HUN	CHI-MGL	ITA	PER-MON	NOR	UKR
15:30	16:00	UKR	HUN	CHI-MGL	ITA	PER-MON	NOR
16:00	16:30	NOR	UKR	HUN	CHI-MGL	ITA	PER-MON
16:30	17:00	PER-MON	NOR	UKR	HUN	CHI-MGL	ITA
17:00	17:30	ITA	PER-MON	NOR	UKR	HUN	CHI-MGL
17:30	18:00	CHI-MGL	ITA	PER-MON	NOR	UKR	HUN

30 min/rotation		00:30					
Subdivision 5		FX	PH	SR	VT	PB	HB
17:45	18:00	General Warm-up					
18:00	18:30	KOR-RSA	GER-CUB	ESP-CYP	SUI	ISL-CAY	BUL-UZB
18:30	19:00	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP	SUI	ISL-CAY
19:00	19:30	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP	SUI
19:30	20:00	SUI	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP
20:00	20:30	ESP-CYP	SUI	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB
20:30	21:00	GER-CUB	ESP-CYP	SUI	ISL-CAY	BUL-UZB	KOR-RSA

Sunday, 19 October 2025									
Stretching Japz	Training Hall #1	Stretching Japz	Training Hall #2	Warm-Up Hall	FOP				
17:00									
17:30									
7:45									
8:00									
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22:00									
22:15									
22:30									
22:45									
23:00									

MAG Qualifications Sub 1-6									
General Warm-up					Apparatus Training				
Start	Finish	Start	Finish	Start	Finish	Start	Finish	Start	Finish
S-DIV 1	16:00:00	16:15:00	16:15:00	17:45:00	8:15:00	9:45:00	10:00:00	11:45:00	11:45:00
S-DIV 2	17:30:00	17:45:00	17:45:00	19:15:00	10:05:00	11:35:00	11:50:00	13:30:00	13:30:00
S-DIV 3	20:00:00	20:15:00	20:15:00	21:45:00	12:30:00	14:00:00	14:15:00	15:55:00	15:55:00
S-DIV 4	8:30:00	8:45:00	8:45:00	10:15:00	14:20:00	15:50:00	16:05:00	17:45:00	17:45:00
S-DIV 5	11:00:00	11:15:00	11:15:00	12:45:00	16:45:00	18:15:00	18:30:00	20:10:00	20:10:00
S-DIV 6	12:45:00	13:00:00	13:00:00	14:30:00	18:35:00	20:05:00	20:20:00	22:00:00	22:00:00
S-DIV 7	8:45:00	9:00:00	9:00:00	12:00:00					
S-DIV 8	11:45:00	12:00:00	12:00:00	15:00:00					



Training Hall #1									
30 min/rotation		00:30							
Subdivision 7		FX	PH	SR	VT	PB	HB		
8:45	9:00	General Warm-up							
9:00	9:30	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG		
9:30	10:00	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR		
10:00	10:30	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA		
10:30	11:00	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB		
11:00	11:30	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN		
11:30	12:00	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN		

Training Hall #2									
15 min/rotation		00:15							
Subdivision 4		FX	PH	SR	VT	PB	HB		
8:45 9:00		General Warm-up							
9:00 9:15			AIN2	NED-EGY	NZL-ARM	TPE	USA-LAT		
9:15 9:30		USA-LAT		AIN2	NED-EGY	NZL-ARM	TPE	USA-LAT	
9:30 9:45		TPE	USA-LAT		AIN2	NED-EGY	NZL-ARM	TPE	USA-LAT
9:45 10:00		NZL-ARM	TPE	USA-LAT		AIN2	NED-EGY	NZL-ARM	TPE
10:00 10:15		NED-EGY	NZL-ARM	TPE	USA-LAT		AIN2	NED-EGY	NZL-ARM
10:15 10:30		AIN2	NED-EGY	NZL-ARM	TPE	USA-LAT		AIN2	NED-EGY

30 min/rotation		00:30							
Subdivision 8		FX	PH	SR	VT	PB	HB		
11:45	12:00	General Warm-up							
12:00	12:30	AZE	FIN	CHN	TUR-CMR	CAN	FRA-TTO		
12:30	13:00	FRA-TTO	AZE	FIN	CHN	TUR-CMR	CAN		
13:00	13:30	CAN	FRA-TTO	AZE	FIN	CHN	TUR-CMR		
13:30	14:00	TUR-CMR	CAN	FRA-TTO	AZE	FIN	CHN		
14:00	14:30	CHN	TUR-CMR	CAN	FRA-TTO	AZE	FIN		
14:30	15:00	FIN	CHN	TUR-CMR	CAN	FRA-TTO	AZE		

15 min/rotation		00:15								
Subdivision 5		FX	PH	SR	VT	PB	HB			
11:00	11:15	General Warm-up								
11:15	11:30	KOR-RSA	GER-CUB	ESP-CYP	SUI	ISL-CAY	BUL-UZB			
11:30	11:45	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP	SUI	ISL-CAY			
11:45	12:00	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP	SUI			
12:00	12:15	SUI	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP			
12:15	12:30	ESP-CYP	SUI	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB			
12:30	12:45	GER-CUB	ESP-CYP	SUI	ISL-CAY	BUL-UZB	KOR-RSA			

15 min/rotation		00:15							
Subdivision 1		FX	PH	SR	VT	PB	HB		
		General Warm-up							
16:00	16:15								
16:15	16:30	ALG	MAS-POL	JAM-SYR	JPN-AIN1	IRI	GRE-PAN		
16:30	16:45	GRE-PAN	ALG	MAS-POL	JAM-SYR	JPN-AIN1	IRI		
16:45	17:00	IRI	GRE-PAN	ALG	MAS-POL	JAM-SYR	JPN-AIN1		
17:00	17:15	JPN-AIN1	IRI	GRE-PAN	ALG	MAS-POL	JAM-SYR		
17:15	17:30	JAM-SYR	JPN-AIN1	IRI	GRE-PAN	ALG	MAS-POL		
17:30	17:45	MAS-POL	JAM-SYR	JPN-AIN1	IRI	GRE-PAN	ALG		

15 min/rotation		00:15						
Subdivision 6		FX	PH	SR	VT	PB	HB	
12:45	13:00	General Warm-up						
13:00	13:15	BAN-THA	MEX-SGP	CZE-MAR	COL-QAT	SWE-LUX	PHI-ALB	
13:15	13:30	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR	COL-QAT	SWE-LUX	
13:30	13:45	SWE-LUX	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR	COL-QAT	
13:45	14:00	COL-QAT	SWE-LUX	PHI-ALB	BAN-THA	MEX-SGP	CZE-MAR	
14:00	14:15	CZE-MAR	COL-QAT	SWE-LUX	PHI-ALB	BAN-THA	MEX-SGP	
14:15	14:30	MEX-SGP	CZE-MAR	COL-QAT	SWE-LUX	PHI-ALB	BAN-THA	

15 min/rotation		00:15								
Subdivision 3		FX	PH	SR	VT	PB	HB			
20:00		General Warm-up								
20:15		20:30		HUN		CHM-MGL	ITA	PER-MON	NOR	UKR
20:30		20:45		UKR		HUN	CHM-MGL	ITA	PER-MON	NOR
20:45		21:00		NOR		UKR	HUN	CHM-MGL	ITA	PER-MON
21:00		21:15		PER-MON		NOR	UKR	HUN	CHM-MGL	ITA
21:15		21:30		ITA		PER-MON	NOR	UKR	HUN	CHM-MGL
21:30		21:45		CHM-MGL		ITA	PER-MON	NOR	UKR	HUN

15 min/rotation		00:15								
Subdivision 2		FX	PH	SR	VT	PB	HB			
17:30		17:45		General Warm-up						
17:45		18:00	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR	AUT		
18:00		18:15	AUT	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR		
18:15		18:30	BRA-JOR	AUT	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM		
18:30		18:45	BEL-NAM	BRA-JOR	AUT	CRO-SRI	GBR-LTU	KAZ-VIE		
18:45		19:00	KAZ-VIE	BEL-NAM	BRA-JOR	AUT	CRO-SRI	GBR-LTU		
19:00		19:15	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR	AUT	CRO-SRI		

Warm-up							
12 min and 30 sec/rot.		00:12					
Subdivision 1	FX	PH	SR	VT	PB	HB	
General Warm-up							
8:15	8:30						
8:30	8:42	GRE-PAN	ALG	MAS-POL	JAM-SYR	JPN-ANI	IRI
8:42	8:55		GRE-PAN	ALG	MAS-POL	JAM-SYR	JPN-ANI
8:55	9:07	JPN-ANI	IRI	GRE-PAN	ALG	MAS-POL	JAM-SYR
9:07	9:20	JAM-SYR	JPN-ANI	IRI	GRE-PAN	ALG	MAS-POL
9:20	9:32	MAS-POL	JAM-SYR	JPN-ANI	IRI	GRE-PAN	ALG
9:32	9:45	ALG	MAS-POL	JAM-SYR	JPN-ANI	IRI	GRE-PAN

Monday, 20 October 2025						
Stretching Appt.	Training Hall #1	Stretching Appt.	Training Hall #2	Warm-Up Halls	FOP	
7:15:00						
7:30:00						
7:45:00						
8:00:00						
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22:15:00						
22:30:00						
22:45:00						
23:00:00						

MAG Qualifications Sub 7.8						
General Warm-up			Apparatus Training		Warm-up	
Start	Finish	Start	Finish	Start	Finish	Start
S-DIV 1	8:45:00	9:00:00	9:00:00	9:00:00	9:00:00	9:00:00
S-DIV 2	10:45:00	11:00:00	11:00:00	11:00:00	11:00:00	11:00:00
S-DIV 3	12:45:00	13:00:00	13:00:00	13:00:00	13:00:00	13:00:00
S-DIV 4	14:15:00	14:30:00	14:30:00	14:30:00	14:30:00	14:30:00
S-DIV 5	17:45:00	18:00:00	18:00:00	18:00:00	18:00:00	18:00:00
S-DIV 6	18:45:00	19:00:00	19:00:00	19:00:00	19:00:00	19:00:00
S-DIV 7	16:00:00	16:15:00	16:15:00	16:15:00	16:15:00	16:15:00
S-DIV 8	17:15:00	17:30:00	17:30:00	17:30:00	17:30:00	17:30:00



Training Hall #1						
30 min/rotation 00:30						
Subdivision	FX	PH	SR	VT	PB	HB
General Warm-up						
8:45	9:00	ALG	MAS-POL	JAM-SYR	JPN-AIN	IRI
9:30	10:00	GRE-PAN	ALG	MAS-POL	JAM-SYR	JPN-AIN
10:00	10:30	IRI	GRE-PAN	ALG	MAS-POL	JAM-SYR
10:30	11:00	JPN-AIN	IRI	GRE-PAN	ALG	MAS-POL
11:00	11:30	JAM-SYR	JPN-AIN	IRI	GRE-PAN	ALG
11:30	12:00	MAS-POL	JAM-SYR	JPN-AIN	IRI	GRE-PAN

Training Hall #2						
30 min/rotation 00:30						
Subdivision	FX	PH	SR	VT	PB	HB
General Warm-up						
10:45	11:00	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR
11:00	11:30	AUT	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM
11:30	12:00	AUT	CRO-SRI	GBR-LTU	KAZ-VIE	BEL-NAM
12:00	12:30	BRA-JOR	AUT	CRO-SRI	GBR-LTU	KAZ-VIE
12:30	13:00	BEL-NAM	BRA-JOR	AUT	CRO-SRI	GBR-LTU
13:00	13:30	KAZ-VIE	BEL-NAM	BRA-JOR	AUT	CRO-SRI
13:30	14:00	GBR-LTU	KAZ-VIE	BEL-NAM	BRA-JOR	AUT

Warm-up						
12 min and 30 sec/rot 00:12						
Subdivision	FX	PH	SR	VT	PB	HB
General Warm-up						
8:15	8:30	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA
8:30	8:45	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB
8:45	9:00	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN
9:00	9:15	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN
9:15	9:30	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG
9:30	9:45	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR

FOP						
16 min 40 sec/rot 00:16						
Subdivision	FX	PH	SR	VT	PB	HB
Transition Podium						
9:45	10:00	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR
10:00	10:15	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR
10:15	10:30	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA
10:30	10:45	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB
10:45	11:00	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN
11:00	11:15	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN
11:15	11:30	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG

30 min/rotation 00:30						
Subdivision	FX	PH	SR	VT	PB	HB
General Warm-up						
12:45	13:00	HUN	CHM-MGL	ITA	PER-MON	NOR
13:00	13:30	UKR	HUN	CHM-MGL	ITA	PER-MON
13:30	14:00	NOR	UKR	HUN	CHM-MGL	ITA
14:00	14:30	ITA	PER-MON	NOR	UKR	HUN
14:30	15:00	PER-MON	NOR	UKR	HUN	CHM-MGL
15:00	15:30	ITA	PER-MON	NOR	UKR	HUN
15:30	16:00	CHM-MGL	ITA	PER-MON	NOR	UKR

30 min/rotation 00:30						
Subdivision	FX	PH	SR	VT	PB	HB
General Warm-up						
14:15	14:30	FIN	CHN	TUR-CMR	CAN	FRA-TTO
14:30	15:00	FIN	CHN	TUR-CMR	CAN	FRA-TTO
15:00	15:30	USA-LAT	FIN	CHN	TUR-CMR	CAN
15:30	16:00	TPE	USA-LAT	FIN	CHN	TUR-CMR
16:00	16:30	NZL-ARM	TPE	USA-LAT	FIN	CHN
16:30	17:00	NED-EGY	NZL-ARM	TPE	USA-LAT	FIN
17:00	17:30	FIN	CHN	TUR-CMR	CAN	FRA-TTO

12 min and 30 sec/rot 00:12						
Subdivision	FX	PH	SR	VT	PB	HB
General Warm-up						
10:05	10:20	FRA-TTO	AZE	FIN	CHN	TUR-CMR
10:20	10:35	FRA-TTO	AZE	FIN	CHN	TUR-CMR
10:35	10:50	CAN	FRA-TTO	AZE	FIN	CHN
10:50	11:05	TUR-CMR	CAN	FRA-TTO	AZE	FIN
11:05	11:20	FIN	CHN	TUR-CMR	CAN	FRA-TTO
11:20	11:35	AZE	FIN	CHN	TUR-CMR	CAN

16 min 40 sec/rot 00:16						
Subdivision	FX	PH	SR	VT	PB	HB
Transition Podium						
11:35	11:50	AZE	FIN	CHN	TUR-CMR	CAN
11:50	12:05	AZE	FIN	CHN	TUR-CMR	CAN
12:05	12:20	FRA-TTO	AZE	FIN	CHN	TUR-CMR
12:20	12:35	CAN	FRA-TTO	AZE	FIN	CHN
12:35	12:50	TUR-CMR	CAN	FRA-TTO	AZE	FIN
12:50	13:05	FIN	CHN	TUR-CMR	CAN	FRA-TTO
13:05	13:20	AZE	FIN	CHN	TUR-CMR	CAN

15 min/rotation 00:15						
Subdivision	FX	PH	SR	VT	PB	HB
General Warm-up						
16:00	16:15	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR
16:15	16:30	POR-DEN	ISR-VEN	AUS-SRB	INA	IND-PUR
16:30	16:45	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB	INA
16:45	17:00	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN	AUS-SRB
17:00	17:15	INA	IND-PUR	SLO-HKG	POR-DEN	ISR-VEN
17:15	17:30	AUS-SRB	INA	IND-PUR	SLO-HKG	POR-DEN
17:30	17:45	ISR-VEN	AUS-SRB	INA	IND-PUR	SLO-HKG

15 min/rotation 00:15						
Subdivision	FX	PH	SR	VT	PB	HB
General Warm-up						
17:15	17:30	AZE	FIN	CHN	TUR-CMR	CAN
17:30	17:45	AZE	FIN	CHN	TUR-CMR	CAN
17:45	18:00	FRA-TTO	AZE	FIN	CHN	TUR-CMR
18:00	18:15	CAN	FRA-TTO	AZE	FIN	CHN
18:15	18:30	TUR-CMR	CAN	FRA-TTO	AZE	FIN
18:30	18:45	CHN	TUR-CMR	CAN	FRA-TTO	AZE
18:45	19:00	FIN	CHN	TUR-CMR	CAN	FRA-TTO

12 min and 30 sec/rot 00:12						
Subdivision	FX	PH	SR	VT	PB	HB
General Warm-up						
17:15	17:30	FIN	CHN	TUR-CMR	CAN	FRA-TTO
17:30	17:45	FIN	CHN	TUR-CMR	CAN	FRA-TTO
17:45	18:00	FRA-TTO	AZE	FIN	CHN	TUR-CMR
18:00	18:15	CAN	FRA-TTO	AZE	FIN	CHN
18:15	18:30	TUR-CMR	CAN	FRA-TTO	AZE	FIN
18:30	18:45	CHN	TUR-CMR	CAN	FRA-TTO	AZE
18:45	19:00	FIN	CHN	TUR-CMR	CAN	FRA-TTO

16 min 40 sec/rot 00:16						
Subdivision	FX	PH	SR	VT	PB	HB
Transition Podium						
11:35	11:50	AZE	FIN	CHN	TUR-CMR	CAN
11:50	12:05	AZE	FIN	CHN	TUR-CMR	CAN
12:05	12:20	FRA-TTO	AZE	FIN	CHN	TUR-CMR
12:20	12:35	CAN	FRA-TTO	AZE	FIN	CHN
12:35	12:50	TUR-CMR	CAN	FRA-TTO	AZE	FIN
12:50	13:05	FIN	CHN	TUR-CMR	CAN	FRA-TTO
13:05	13:20	AZE	FIN	CHN	TUR-CMR	CAN

30 min/rotation 00:30						
Subdivision	FX	PH	SR	VT	PB	HB
General Warm-up						
17:45	18:00	KOR-RSA	GER-CUB	ESP-CYP	SUI	ISL-CAY
18:00	18:30	KOR-RSA	GER-CUB	ESP-CYP	SUI	ISL-CAY
18:30	19:00	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP	SUI
19:00	19:30	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB	ESP-CYP
19:30	20:00	SUI	ISL-CAY	BUL-UZB	KOR-RSA	GER-CUB
20:00	20:30	ESP-CYP	SUI	ISL-CAY	BUL-UZB	KOR-RSA
20:30	21:00	GER-CUB	ESP-CYP	SUI	ISL-CAY	BUL-UZB

Stretching Area	Training Hall #1	Warm-Up Hall	FOP
7:15:00			
7:30:00			
7:45:00			
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22:30:00			
22:45:00			
23:00:00			

* Non qualified Gymnasts and NF substitute
** for NF without qualified MAG Gymnast

25 min/lot		00:25						
MAG AA - Training		PH	SR		VT	PB		HB
General Warm-up								
18:00	18:30							
18:30	18:55	AA Q1-Q4	AA Q5-Q8	AA Q9-Q12 + R4**	AA Q13-Q16 + R3**	AA Q17-Q20 + R2**	AA Q21-Q24 + R1**	
18:55	19:20	AA Q21-Q24 + R1**	AA Q1-Q4	AA Q5-Q8	AA Q9-Q12 + R4**	AA Q13-Q16 + R3**	AA Q17-Q20 + R2**	
19:20	19:45	AA Q17-Q20 + R2**	AA Q21-Q24 + R1**	AA Q1-Q4	AA Q5-Q8	AA Q9-Q12 + R4**	AA Q13-Q16 + R3**	
19:45	20:10	AA Q17-Q20 + R2**	AA Q17-Q20 + R2**	AA Q1-Q4	AA Q5-Q8	AA Q9-Q12 + R4**	AA Q13-Q16 + R3**	
20:10	20:35	AA Q9-Q12 + R4**	AA Q13-Q16 + R3**	AA Q17-Q20 + R2**	AA Q17-Q20 + R2**	AA Q1-Q4	AA Q5-Q8	
20:35	21:00	AA Q5-Q8	AA Q9-Q12 + R4**	AA Q13-Q16 + R3**	AA Q17-Q20 + R2**	AA Q1-Q4	AA Q5-Q8	



Thursday, 23 October 2025				
	Stretching Area	Training Hall #1	Warm-Up Hall	FOP
7:15:00				
7:30:00				
7:45:00				
8:00:00				
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22:30:00				
22:45:00				
23:00:00				

MAG Training Day															
	General Warm-up			Apparatus Training		Warm-up		FOP		FX	PH	SR	VT	PB	HB
	Start	Finish		Start	Finish	Start	Finish	Start	Finish						
MAG App. Fin.	15:00:00	15:30:00		15:30:00	18:00:00					FX Q1-Q8 + R	PH Q1-Q8 + R	SR Q1-Q8 + R	VT Q1-Q8 + R	PB Q1-Q8 + R	HB Q1-Q8 + R
MAG Open *	12:00:00	12:30:00		12:30:00	15:00:00										

* Non qualified Gymnasts and NF substitute

Training Hall #1									
25 min/rot.		00:25							
Mats Open - Training		FX	PH	SR	VT	PB	HB		
12:00	12:30	General Warm-up							
12:30	12:55	Open Training							
12:55	13:20								
13:20	13:45								
13:45	14:10								
14:10	14:35								
14:35	15:00								

25 min/rot.		00:25					
MAG AF - Training		FX	PH	SR	VT	PB	HB
15:00	15:30	General Warm-up					
15:30	15:55	FX Q1-Q8 + R	PH Q1-Q8 + R	SR Q1-Q8 + R	VT Q1-Q8 + R	PB Q1-Q8 + R	HB Q1-Q8 + R
15:55	16:20						
16:20	16:45						
16:45	17:10						
17:10	17:35						
17:35	18:00						



Friday - 24 October 2020			
Session	Topic	Event(s)	FGD
7:00-7:15			
7:15-7:30			
7:30-7:45			
7:45-8:00			
8:00-8:15			
8:15-8:30			
8:30-8:45			
8:45-9:00			
9:00-9:15			
9:15-9:30			
9:30-9:45			
9:45-10:00			
10:00-10:15			
10:15-10:30			
10:30-10:45			
10:45-11:00			
11:00-11:15			
11:15-11:30			
11:30-11:45			
11:45-12:00			
12:00-12:15			
12:15-12:30			
12:30-12:45			
12:45-1:00			
1:00-1:15			
1:15-1:30			
1:30-1:45			
1:45-2:00			
2:00-2:15			
2:15-2:30			
2:30-2:45			
2:45-3:00			
3:00-3:15			
3:15-3:30			
3:30-3:45			
3:45-4:00			
4:00-4:15			
4:15-4:30			
4:30-4:45			
4:45-5:00			
5:00-5:15			
5:15-5:30			
5:30-5:45			
5:45-6:00			
6:00-6:15			
6:15-6:30			
6:30-6:45			
6:45-7:00			
7:00-7:15			
7:15-7:30			
7:30-7:45			
7:45-8:00			
8:00-8:15			
8:15-8:30			
8:30-8:45			
8:45-9:00			
9:00-9:15			
9:15-9:30			
9:30-9:45			
9:45-10:00			
10:00-10:15			
10:15-10:30			
10:30-10:45			
10:45-11:00			
11:00-11:15			
11:15-11:30			
11:30-11:45			
11:45-12:00			
12:00-12:15			
12:15-12:30			
12:30-12:45			
12:45-1:00			
1:00-1:15			
1:15-1:30			
1:30-1:45			
1:45-2:00			
2:00-2:15			
2:15-2:30			
2:30-2:45			
2:4			

[illegible]

* including Reserves and NS substitute
** Non qualified Gymnasts only

Training Set #1						
25 min/epoch	00:25					
	FX	FI1	GS	VT	FB	IB
0:00	0:30					
0:30	0:55					
0:55	1:20					
1:20	1:45					
1:45	2:10					
2:10	2:35					
2:35	3:00					
3:00	3:25					
3:25	3:50					
3:50	4:15					
4:15	4:40					
4:40	5:05					
5:05	5:30					
5:30	5:55					
5:55	6:20					
6:20	6:45					
6:45	7:10					
7:10	7:35					
7:35	8:00					
8:00	8:25					
8:25	8:50					
8:50	9:15					
9:15	9:40					
9:40	10:05					
10:05	10:30					
10:30	10:55					
10:55	11:20					
11:20	11:45					
11:45	12:10					
12:10	12:35					
12:35	13:00					
13:00	13:25					
13:25	13:50					
13:50	14:15					
14:15	14:40					
14:40	15:05					
15:05	15:30					
15:30	15:55					
15:55	16:20					
16:20	16:45					
16:45	17:10					
17:10	17:35					
17:35	18:00					
18:00	18:25					
18:25	18:50					
18:50	19:15					
19:15	19:40					
19:40	20:05					
20:05	20:30					
20:30	20:55					
20:55	21:20					
21:20	21:45					
21:45	22:10					
22:10	22:35					
22:35	23:00					
23:00	23:25					
23:25	23:50					
23:50	00:15					
00:15	00:40					
00:40	01:05					
01:05	01:30					
01:30	01:55					
01:55	02:20					
02:20	02:45					
02:45	03:10					
03:10	03:35					
03:35	04:00					
04:00	04:25					
04:25	04:50					
04:50	05:15					
05:15	05:40					
05:40	06:05					
06:05	06:30					
06:30	06:55					
06:55	07:20					
07:20	07:45					
07:45	08:10					
08:10	08:35					
08:35	09:00					
09:00	09:25					
09:25	09:50					
09:50	10:15					
10:15	10:40					
10:40	11:05					
11:05	11:30					
11:30	12:00					
12:00	12:25					
12:25	12:50					
12:50	13:15					
13:15	13:40					
13:40	14:05					
14:05	14:30					
14:30	14:55					
14:55	15:20					
15:20	15:45					
15:45	16:10					
16:10	16:35					
16:35	17:00					
17:00	17:25					
17:25	17:50					
17:50	18:15					
18:15	18:40					
18:40	19:05					
19:05	19:30					
19:30	19:55					
19:55	20:20					
20:20	20:45					
20:45	21:10					
21:10	21:35					
21:35	22:00					
22:00	22:25					
22:25	22:50					
22:50	23:15					
23:15	23:40					
23:40	24:05					
24:05	24:30					
24:30	24:55					
24:55	25:20					
25:20	25:45					
25:45	26:10					
26:10	26:35					
26:35	27:00					
27:00	27:25					
27:25	27:50					
27:50	28:15					
28:15	28:40					
28:40	29:05					
29:05	29:30					
29:30	29:55					
29:55	30:20					
30:20	30:45					
30:45	31:10					
31:10	31:35					
31:35	32:00					
32:00	32:25					
32:25	32:50					
32:50	33:15					
33:15	33:40					
33:40	34:05					
34:05	34:30					
34:30	34:55					
34:55	35:20					
35:20	35:45					
35:45	36:10					
36:10	36:35					
36:35	37:00					
37:00	37:25					
37:25	37:50					
37:50	38:15					
38:15	38:40					
38:40	39:05					
39:05	39:30					
39:30	39:55					
39:55	40:20					
40:20	40:45					
40:45	41:10					
41:10	41:35					
41:35	42:00					
42:00	42:25					
42:25	42:50					
42:50	43:15					
43:15	43:40					
43:40	44:05					
44:05	44:30					
44:30	44:55					
44:55	45:20					
45:20	45:45					
45:45	46:10					
46:10	46:35					
46:35	47:00					
47:00	47:25					
47:25	47:50					
47:50	48:15					
48:15	48:40					
48:40	49:05					
49:05	49:30					
49:30	49:55					
49:55	50:20					
50:20	50:45					
50:45	51:10					
51:10	51:35					
51:35	52:00					
52:00	52:25					
52:25	52:50					
52:50	53:15					
53:15	53:40					
53:40	54:05					
54:05	54:30					
54:30	54:55					
54:55	55:20					
55:20	55:45					
55:45	56:10					
56:10	56:35					
56:35	57:00					
57:00	57:25					
57:25	57:50					
57:50	58:15					
58:15	58:40					
58:40	59:05					
59:05	59:30					
59:30	59:55					
59:55	60:20					
60:20	60:45					
60:45	61:10					
61:10	61:35					
61:35	62:00					
62:00	62:25					
62:25	62:50					
62:50	63:15					
63:15	63:40					
63:40	64:05					
64:05	64:30					
64:30	64:55					
64:55	65:20					
65:20	65:45					
65:45	66:10					
66:10	66:35					
66:35	67:00					
67:00	67:25					
67:25	67:50					
67:50	68:15					
68:15	68:40					
68:40	69:05					
69:05	69:30					
69:30	69:55					
69:55	70:20					
70:20	70:45					
70:45	71:10					
71:10	71:35					
71:35	72:00					
72:00	72:25					
72:25	72:50					
72:50	73:15					
73:15	73:40					
73:40	74:05					
74:05	74:30					
74:30	74:55					
74:55	75:20					
75:20	75:45					
75:45	76:10					
76:10	76:35					
76:35	77:00					
77:00	77:25					
77:25	77:50					
77:50	78:15					
78:15	78:40					
78:40	79:05					
79:05	79:30					
79:30	79:55					
79:55	80:20					
80:20	80:45					
80:45	81:10					
81:10	81:35					
81:35	82:00					
82:00	82:25					
82:25	82:50					
82:50	83:15					
83:15	83:40					
83:40	84:05					
84:05	84:30					
84:30	84:55					
84:55	85:20					
85:20	85:45					
85:45	86:10					
86:10	86:35					
86:35	87:00					
87:00	87:25					
87:25	87:50					
87:50	88:15					
88:15	88:40					
88:40	89:05					
89:05	89:30					
89:30	89:55					
89:55	90:20					
90:20	90:45					
90:45	91:10					
91:10	91:35					
91:35	92:00					
92:00	92:25					
92:25	92:50					
92:50	93:15					

FOP - Training			
01:00		FX	SA
12:00		Lateral Weir- up and Lysin Training	
13:00			

Warm-up				
Self-Appraisal time		FX	FX1	FX2
12:00	18:00	General Warm-up and Open Warm-up		

FCF - Comparison			
TIME PERIOD (YR)	FCF	FCF	FCF
13-15	14.00	14.00	14.00
14-15	14.38	14.38	14.38
14-15	15.25	15.25	15.25
15-23	15.35	15.35	15.35
15-23	16.35	16.35	16.35
16-18	17.00	17.00	17.00
17-22	17.42	17.42	17.42
18-22	18.00	18.00	18.00



Saturday, 20 October 2023			
Time	Session	Topic	Room
08:00			
08:15			
08:30			
08:45			
09:00			
09:15			
09:30			
09:45			
10:00			
10:15			
10:30			
10:45			
11:00			
11:15			
11:30			
11:45			
12:00			
12:15			
12:30			
12:45			
13:00			
13:15			
13:30			
13:45			
14:00			
14:15			
14:30			
14:45			
15:00			
15:15			
15:30			
15:45			
16:00			
16:15			
16:30			
16:45			
17:00			
17:15			
17:30			
17:45			
18:00			
18:15			
18:30			
18:45			
19:00			
19:15			
19:30			
19:45			
20:00			
20:15			
20:30			
20:45			
21:00			
21:15			
21:30			
21:45			
22:00			
22:15			
22:30			
22:45			
23:00			
23:15			
23:30			
23:45			
24:00			

[illegible]

* including Reserves and NS substitute
** Non-qualified Gymnasts only

Training Set #1						
25 min/epoch	00:25	VT	FS	CG	FE	
0:25:00 - 0:30:00			General Training			
0:30:00 - 0:35:00						
0:35:00 - 0:40:00						
0:40:00 - 0:45:00	VT Q1-Q2 + R		FS Q1-Q2 + R		CG Q1-Q2 + R	
0:45:00 - 0:50:00						
0:50:00 - 0:55:00						
0:55:00 - 1:00:00						
1:00:00 - 1:05:00						
1:05:00 - 1:10:00						
1:10:00 - 1:15:00						
1:15:00 - 1:20:00						
25 min/epoch	00:25	FA	FI	CG	FE	
0:25:00 - 0:30:00			General Training			
0:30:00 - 0:35:00						
0:35:00 - 0:40:00						
0:40:00 - 0:45:00						
0:45:00 - 0:50:00						
0:50:00 - 0:55:00						
0:55:00 - 1:00:00						
1:00:00 - 1:05:00						
1:05:00 - 1:10:00						
1:10:00 - 1:15:00						
1:15:00 - 1:20:00						
			Open Training			

FOP - Training			
01:00		VI	IVS
12:00		Offshore Work-up and Oxygen Training	

Warm-up			
Warm-up/Stretching time		VI	III
12:00	18:00	General Warm-up and Open Warm-up	

FCP Corporation			
Month	Q 1	Q 2	Q 3
Month	Q 1	Q 2	Q 3
13-01	14-01	15-01	16-01
13-02	14-02	15-02	16-02
13-03	14-03	15-03	16-03
13-04	14-04	15-04	16-04
13-05	14-05	15-05	16-05
13-06	14-06	15-06	16-06
13-07	14-07	15-07	16-07
13-08	14-08	15-08	16-08
13-09	14-09	15-09	16-09
13-10	14-10	15-10	16-10
13-11	14-11	15-11	16-11
13-12	14-12	15-12	16-12
13-13	14-13	15-13	16-13
13-14	14-14	15-14	16-14
13-15	14-15	15-15	16-15
13-16	14-16	15-16	16-16
13-17	14-17	15-17	16-17
13-18	14-18	15-18	16-18
13-19	14-19	15-19	16-19
13-20	14-20	15-20	16-20
13-21	14-21	15-21	16-21
13-22	14-22	15-22	16-22
13-23	14-23	15-23	16-23
13-24	14-24	15-24	16-24
13-25	14-25	15-25	16-25
13-26	14-26	15-26	16-26
13-27	14-27	15-27	16-27
13-28	14-28	15-28	16-28
13-29	14-29	15-29	16-29
13-30	14-30	15-30	16-30
13-31	14-31	15-31	16-31
13-32	14-32	15-32	16-32
13-33	14-33	15-33	16-33
13-34	14-34	15-34	16-34
13-35	14-35	15-35	16-35
13-36	14-36	15-36	16-36
13-37	14-37	15-37	16-37
13-38	14-38	15-38	16-38
13-39	14-39	15-39	16-39
13-40	14-40	15-40	16-40
13-41	14-41	15-41	16-41
13-42	14-42	15-42	16-42
13-43	14-43	15-43	16-43
13-44	14-44	15-44	16-44
13-45	14-45	15-45	16-45
13-46	14-46	15-46	16-46
13-47	14-47	15-47	16-47
13-48	14-48	15-48	16-48
13-49	14-49	15-49	16-49
13-50	14-50	15-50	16-50
13-51	14-51	15-51	16-51
13-52	14-52	15-52	16-52
13-53	14-53	15-53	16-53
13-54	14-54	15-54	16-54
13-55	14-55	15-55	16-55
13-56	14-56	15-56	16-56
13-57	14-57	15-57	16-57
13-58	14-58	15-58	16-58
13-59	14-59	15-59	16-59
13-60	14-60	15-60	16-60
13-61	14-61	15-61	16-61
13-62	14-62	15-62	16-62
13-63	14-63	15-63	16-63
13-64	14-64	15-64	16-64
13-65	14-65	15-65	16-65
13-66	14-66	15-66	16-66
13-67	14-67	15-67	16-67
13-68	14-68	15-68	16-68
13-69	14-69	15-69	16-69
13-70	14-70	15-70	16-70
13-71	14-71	15-71	16-71
13-72	14-72	15-72	16-72
13-73	14-73	15-73	16-73
13-74	14-74	15-74	16-74
13-75	14-75	15-75	16-75
13-76	14-76	15-76	16-76
13-77	14-77	15-77	16-77
13-78	14-78	15-78	16-78

