

PODIUM TRAINING

Friday 7 November 2025

09h30		11h45		SESSION 1			
09h30		09h45		GENERAL WARM-UP			
				VAULT	BARS	BEAM	FLOOR
09h45		10h15		TEAM A	TEAM B	TEAM C	TEAM D
10h15		10h45		TEAM D	TEAM A	TEAM B	TEAM C
10h45		11h15		TEAM C	TEAM D	TEAM A	TEAM B
11h15		11h45		TEAM B	TEAM C	TEAM D	TEAM A

TEAM A	Flip City Gymnastics (CA)	7
TEAM B	Federation Gymnastique Quebec (CA)	6
TEAM C	Stockholm Top Gymnastics (SE)	5
	Gaudium sportopia (IN)	1
TEAM D	De Gympies Keerbergen (BE)	3
	Circulo Gimnastico Norte (AR)	1
	Toronto Gymnastics International (CA)	1
	Wadi Degla Club (EG)	2

11h45		14h00	SESSION 2			
11h45		12h00	GENERAL WARM-UP			
			VAULT	BARS	BEAM	FLOOR
12h00	12h30	TEAM E	TEAM F	TEAM G	TEAM H	
12h30	13h00	TEAM H	TEAM E	TEAM F	TEAM G	
13h00	13h30	TEAM G	TEAM H	TEAM E	TEAM F	
13h30	14h00	TEAM F	TEAM G	TEAM H	TEAM E	

TEAM E	Australian Gymnastics Federation (AU)	5
	Juventus Nova (IT)	2
TEAM F	Australian Gymnastics Federation (AU)	4
	Fédération de gymnastique de Luxembourg (LU)	3
TEAM G	Belgian Gymnastics Federation (BE)	6
TEAM h	Espoon Telinetaiturit (FI)	6

14h00		16h15		SESSION 3			
14h00		14h15		GENERAL WARM-UP			
				VAULT	BARS	BEAM	FLOOR
14h15	14h45	TEAM I	TEAM J	TEAM K	TEAM L		
14h45	15h15	TEAM L	TEAM I	TEAM J	TEAM K		
15h15	15h45	TEAM K	TEAM L	TEAM I	TEAM J		
15h45	16h15	TEAM J	TEAM K	TEAM L	TEAM I		

TEAM I	Slovakia Gymnastics Federation (SK)	5
	Gymnos Charleroi (BE)	2
TEAM J	De Hazenkamp Gymsports (NL)	6
TEAM K	Spanish Gymnastics Federation (ES)	4
	Hendon Gymnastics Club (UK)	2
TEAM K	Topturnen Zuid (NL)	6

16h15		18h30		SESSION 4							
16h15		16h30		GENERAL WARM-UP							
		VAULT		BARS		BEAM		FLOOR			
16h30		17h00		TEAM M		TEAM N		TEAM O		TEAM P	
17h00		17h30		TEAM P		TEAM M		TEAM N		TEAM O	
17h30		18h00		TEAM O		TEAM P		TEAM M		TEAM N	
18h00		18h30		TEAM N		TEAM O		TEAM P		TEAM M	

TEAM M	EGIBA (ES)	6
TEAM N	CAG Penisola Sorrentina (IT)	6
TEAM O	Swiss Gymnastics Federation (CH)	6
TEAM P	Norway Gymnastics Federation (NO)	5
	Fédération Française de Gymnastique (FR)	4