

AER FIG IOC & YOUTH COMPETITION – Training Schedule

#	Number of Routines	Nation / Club	Day / Time for Training		Warm Up		Podium	
			04 th May	5 th May	General	Specific	Start	Finish
1	40	POR - A4G	1:20		13:30	14:00	14:30	15:50
2	19	POR - CAGPD	0:38		14:51	15:21	15:51	16:29
3	11	POR - GYMnix	0:22		15:30	16:00	16:30	16:52
4	40	POR - ACG	1:20		15:53	16:23	16:53	18:13
5	19	FINLAND		0:38	8:00	8:30	9:00	9:38
6	20	HUNGARY		0:40	8:39	9:09	9:39	10:19
7	36	SPAIN		1:12	9:20	9:50	10:20	11:32
8	2	AUSTRIA		0:04	10:33	11:03	11:33	11:37
9	3	BRASIL		0:06	10:38	11:08	11:38	11:44
10	2	BULGARIA		0:04	10:45	11:15	11:45	11:49
11	1	CZECH REPUBLIC		0:02	10:50	11:20	11:50	11:52
12	3	ESTONIA		0:06	10:53	11:23	11:53	11:59
13	5	GERMANY		0:10	11:00	11:30	12:00	12:10
14	16	GREAT BRITAIN		0:32	11:11	11:41	12:11	12:43
15	3	ITALY – OP. FITNESS		0:06	11:44	12:14	12:44	12:50
16	1	MEXICO		0:02	11:51	12:21	12:51	12:53
17	1	PERU		0:02	11:54	12:24	12:54	12:56
18	10	RUSSIA		0:20	11:57	12:27	12:57	13:17
19	13	POR - ABGC		0:26	12:18	12:48	13:18	13:44
20	2	POR - CCRAM		0:04	12:45	13:15	13:45	13:49
21	4	POR - CUAB		0:08	12:50	13:20	13:50	13:58
22	4	POR - MGBOOS		0:08	12:59	13:29	13:59	14:09

AER FIG WORLD CUP – Training Schedule

#	Number of Routines	Nation	Day / Time for Training		Warm Up		Podium	
			04 th May	5 th May	General	Specific	Start	Finish
1	3	ALGERIA		0:09	13:10	13:40	14:10	14:19
2	1	AUSTRIA		0:03	13:20	13:50	14:20	14:23
3	1	BRAZIL		0:03	13:24	13:54	14:24	14:27
4	4	BULGARIA		0:12	13:28	13:58	14:28	14:40
5	2	CZECH REPUBLIC		0:06	13:41	14:11	14:41	14:47
6	9	SPAIN		0:27	13:48	14:18	14:48	15:15
7	3	FINLAND		0:09	14:16	14:46	15:16	15:25
8	1	GREAT BRITAIN		0:03	14:26	14:56	15:26	15:29
9	5	GERMANY		0:15	14:30	15:00	15:30	15:45
10	3	HUNGARY		0:09	14:46	15:16	15:46	15:55
11	7	ITALIA		0:21	14:56	15:26	15:56	16:17
12	1	JAPAN		0:03	15:18	15:48	16:18	16:21
13	3	MEXICO		0:09	15:22	15:52	16:22	16:31
14	3	PORTUGAL		0:09	15:32	16:02	16:32	16:41
15	8	ROMANIA		0:24	15:42	16:12	16:42	17:06
16	2	RUSSIA		0:06	16:07	16:37	17:07	17:13
17	2	SLOVAKIA		0:06	16:14	16:44	17:14	17:20