



**ROMGYM TROPHY
AEROBIC GYMNASTICS WORLD CUP
BUCHAREST, ROMANIA, 13-15 OCTOBER 2023**



TREINING SCHEDULE

Official podium training schedule 12 OCTOBER 2023													
Group No.	NF	Units	NF	Units	NF	Units	Total Units	Warm up				Competition Floor	
								General		Specific			
1	AUS	3	NZL	1	FIN	6	10	09:30	10:00	10:00	10:30	10:30	11:00
2	UKR	6	HUN	4			10	10:00	10:30	10:30	11:00	11:00	11:30
3	ESP	8	CHN	2			10	10:30	11:00	11:00	11:30	11:30	12:00
4	ITA	9					9	11:00	11:30	11:30	12:00	12:00	12:27
5	TUR	7	MEX	2			9	11:27	11:57	11:57	12:27	12:27	12:54
6	SWE	2	AZE	5			7	11:54	12:24	12:24	12:54	12:54	13:15
7	FRA	3	BUL	3	PER	4	10	14:00	14:30	14:30	15:00	15:00	15:30
8	CZE	4	GRE	6			10	14:30	15:00	15:00	15:30	15:30	16:00
9	ROU	10					10	15:00	15:30	15:30	16:00	16:00	16:30
10	IND	3	SVK	2	POR	3	8	15:30	16:00	16:00	16:30	16:30	16:54

Training schedule 13 OCTOBER 2023													
Group No.	NF	Units	NF	Units	NF	Units	Total Units	Warm up		TRAINING/ specific Floor			
								General					
1	FRA	2	PER	3	CZE	3	8	09:00	09:30	09:30	09:54		
2	SWE	2	GRE	4	SVK	2	8	09:24	09:54	09:54	10:18		
3	ROU	5	AZE	3			8	09:48	10:18	10:18	10:42		
4	ITA	5	NZL	1	POR	2	8	10:12	10:42	10:42	11:06		
5	AUS	2	FIN	3	HUN	3	8	10:36	11:06	11:06	11:30		
6	UKR	3	ESP	4			7	11:00	11:30	11:30	11:51		
7	IND	2	TUR	4	BUL	2	8	11:21	11:51	11:51	12:15		