

PODIUM TRAINING

Friday 8 November 2024

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

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

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

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 A	Leeds Gymnastics Club (UK)	1
	Gaudium Sportopia India (IN)	2
TEAM B	Egyptian Gymnastics Federation (EG)	3
TEAM C	De Gympies Keerbergen vzw (BE)	3
TEAM D	Romanian Gymnastics Federation (RO)	5

TEAM E	Gymnastics Canada	7
TEAM F	Fédération de Gymnastique du Québec (CA)	6
TEAM G	De Hazenkamp Gymsports (NL)	6
TEAM H	Topturnen Zuid (NL)	6

TEAM I	Fédération Luxembourgeoise de Gymnastique	2
	Swedish Gymnastics Federation	1
	Stockholm Top Gymnastics (SE)	2
TEAM J	HIFK Gymnastics Helsinki	6
TEAM K	Finnish Gymnastics Federation	6
TEAM L	Gymnos - Europa Gym (BE)	5

TEAM M	Pôle de France St. Etienne	1
	RLZ Bern - Ostschweiz	4
TEAM N	Swiss Gymnastics Federation	4
TEAM O	Ginnastica Civitavecchia	6
TEAM P	EGIBA	7