



36TH EUROPEAN RHYTHMIC GYMNASTICS CHAMPIONSHIPS



PODIUM TRAINING 25 th November	8 warm up		7		6		5		4		3		2		1 WITH MUSIC	
	30 min		40 min		30 min		30 min		30 min		30 min		20 min		20 min	
MNE	08:10	08:40			08:40	09:10			09:10	09:40			09:40	10:00	10:00	10:20
MDA	08:30	09:00					09:00	09:30			09:30	10:00	10:00	10:20	10:20	10:40
FRA	08:50	09:20			09:20	09:50			09:50	10:20			10:20	10:40	10:40	11:00
GR= FRA			09:00	09:40			09:40	10:10			10:10	10:40	10:40	11:00	11:00	11:20
BLR	09:30	10:00			10:00	10:30			10:30	11:00			11:00	11:20	11:20	11:40
CZE	09:50	10:20					10:20	10:50			10:50	11:20	11:20	11:40	11:40	12:00
BEL	10:10	10:40			10:40	11:10			11:10	11:40			11:40	12:00	12:00	12:20
SLO	10:30	11:00					11:00	11:30			11:30	12:00	12:00	12:20	12:20	12:40
HUN	10:50	11:20			11:20	11:50			11:50	12:20			12:20	12:40	12:40	13:00
BUL	11:10	11:40					11:40	12:10			12:10	12:40	12:40	13:00	13:00	13:20
AZE	11:30	12:00			12:00	12:30			12:30	13:00			13:00	13:20	13:20	13:40
GR= AZE			11:40	12:20			12:20	12:50			12:50	13:20	13:20	13:40	13:40	14:00
LAT	12:10	12:40			12:40	13:10			13:10	13:40			13:40	14:00	14:00	14:20
TUR	12:30	13:00					13:00	13:30			13:30	14:00	14:00	14:20	14:20	14:40
GR= TUR			12:40	13:20	13:20	13:50			13:50	14:20			14:20	14:40	14:40	15:00
ROU	13:10	13:40					13:40	14:10			14:10	14:40	14:40	15:00	15:00	15:20
CRO	13:30	14:00			14:00	14:30			14:30	15:00			15:00	15:20	15:20	15:40
SRB	13:50	14:20					14:20	14:50			14:50	15:20	15:20	15:40	15:40	16:00
BIH	14:10	14:40			14:40	15:10			15:10	15:40			15:40	16:00	16:00	16:20
LUX	14:30	15:00					15:00	15:30			15:30	16:00	16:00	16:20	16:20	16:40
LTU	14:50	15:20			15:20	15:50			15:50	16:20			16:20	16:40	16:40	17:00
AND	15:10	15:40					15:40	16:10			16:10	16:40	16:40	17:00	17:00	17:20
EST	15:30	16:00			16:00	16:30			16:30	17:00			17:00	17:20	17:20	17:40
GR= EST			15:40	16:20			16:20	16:50			16:50	17:20	17:20	17:40	17:40	18:00
ISR	16:10	16:40			16:40	17:10			17:10	17:40			17:40	18:00	18:00	18:20
GR= ISR			16:20	17:00			17:00	17:30			17:30	18:00	18:00	18:20	18:20	18:40
UKR	16:50	17:20			17:20	17:50			17:50	18:20			18:20	18:40	18:40	19:00
GR= UKR			17:00	17:40			17:40	18:10			18:10	18:40	18:40	19:00	19:00	19:20



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TRAINING GROUP 26 th November	Str 3rd floor		7		6		5		4		3		2		1 WITH MUSIC	
	30 min		45 min													
GR= ISR	08:00	08:30	08:30	09:15												
GR= FRA	08:45	09:15	09:15	10:00												
GR= TUR	09:30	10:00	10:00	10:45												
GR= EST	10:15	10:45	10:45	11:30												
GR= UKR	11:00	11:30	11:30	12:15												
GR= AZE	11:45	12:15	12:15	13:00												
TRAINING JUNIOR			40 min		40 min		40 min		40 min							
MNE			17:00	17:40			17:40	18:20								
MDA			17:00	17:40			17:40	18:20								
FRA					17:00	17:40			17:40	18:20						
BLR					17:00	17:40			17:40	18:20						
CZE			17:40	18:20			18:20	19:00								
BEL			17:40	18:20			18:20	19:00								
SLO					17:40	18:20			18:20	19:00						
HUN					17:40	18:20			18:20	19:00						
BUL			18:20	19:00			19:00	19:40								
AZE			18:20	19:00			19:00	19:40								
LAT					18:20	19:00			19:00	19:40						
TUR					18:20	19:00			19:00	19:40						
ROU			19:00	19:04			19:40	20:20								
CRO			19:00	19:04			19:40	20:20								
SRB					19:00	19:04			19:40	20:20						
BIH					19:00	19:04			19:40	20:20						
LUX			19:40	20:20			20:20	21:00								
LTU			19:40	20:20			20:20	21:00								
AND					19:40	20:20			20:20	21:00						
EST					19:40	20:20			20:20	21:00						
ISR			20:20	21:00			21:00	21:40								
UKR			20:20	21:00			21:00	21:40								



36TH EUROPEAN RHYTHMIC GYMNASTICS CHAMPIONSHIPS



TRAINING GROUP 27 th November	Str 3rd floor		7		6		5		4		3		2		1 WITH MUSIC	
	30 min		45 min													
GR= EST	08:00	08:30	08:30	09:15												
GR= UKR	08:45	09:15	09:15	10:00												
GR= AZE	09:30	10:00	10:00	10:45												
GR= ISR	10:15	10:45	10:45	11:30												
GR= FRA	11:00	11:30	11:30	12:15												
GR= TUR	11:45	12:15	12:15	13:00												
TRAINING JUNIORES/GROUPS			40 min		40 min		40 min		40 min							
6^8^1^2^ ROPE			17:00	17:40	17:40	18:20										
4^5^3^7^ ROPE							17:00	17:40	17:40	18:20						
2^5^1^8^ BALL			17:40	18:20	18:20	19:00										
4^3^7^6^ BALL							17:40	18:20	18:20	19:00						
4^1^8^6^ CLUBS			18:20	19:00	19:00	19:40										
5^7^2^3^ CLUBS							18:20	19:00	19:00	19:40						
2^5^1^3^ RIBBON			19:00	19:40	19:40	20:20										
6^4^8^7^ RIBBON							19:00	19:40	19:40	20:20						
TRAINING SENIOR GROUP FINAL			40 min		40 min		40 min		40 min		40 min		40 min			
GR= 2^ in 5 BALLS			19:40	20:20					20:20	21:00						
GR= 6^ in 5 BALLS					19:40	20:20					20:20	21:00				
GR= 5^ in 5 BALLS							19:40	20:20					20:20	21:00		
GR= 4^ in 5 BALLS			20:20	21:00					21:00	21:40						
GR= 3^ in 5 BALLS					20:20	21:00					21:00	21:40				
GR= 1^ in 5 BALLS							20:20	21:00					21:00	21:40		



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TRAINING JUNIOR FINAL 28 th November	8 3rd floor	7		6		5		4		3		2		1 WITH MUSIC	
		1H		1H		1H		1H							
6^8^1^2^ ROPE		08:00	09:00												
4^5^3^7^ ROPE		08:00	09:00												
2^5^1^8^ BALL				08:00	09:00										
4^3^7^6^ BALL				08:00	09:00										
4^1^8^6^ CLUBS						08:00	09:00								
5^7^2^3^ CLUBS						08:00	09:00								
2^5^1^3^ RIBBON								08:00	09:00						
6^4^8^7^ RIBBON								08:00	09:00						
TRAINING GROUP FINAL		1H		1H		1H		1H							
GR= 2^ in 3 HOOPS & 2 pairs of clubs		09:00	10:00												
GR= 5^ in 3 HOOPS & 2 pairs of clubs				09:00	10:00										
GR= 4^ in 3 HOOPS & 2 pairs of clubs						09:00	10:00								
GR= 6^ in 3 HOOPS & 2 pairs of clubs				10:00	11:00										
GR= 1^ in 3 HOOPS & 2 pairs of clubs						10:00	11:00								
GR= 3^ in 3 HOOPS & 2 pairs of clubs								10:00	11:00						



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PODIUM TRAINING SENIOR INDIVIDUALS 28 th November	8 3rd floor		7		6		5		4		3		2		1 WITH MUSIC	
			30 min		30 min		30 min		30 min		30 min		30 min		30 min	
CRO-SAMBOL L.			18:00	18:30					18:30	19:00			19:00	19:30	19:30	20:00
LTU-SOSTAKAITE F.			18:00	18:30					18:30	19:00			19:00	19:30	19:30	20:00
EST-BODGANOVA V.			18:00	18:30					18:30	19:00			19:00	19:30	19:30	20:00
MKD-STOJANOV R.			18:00	18:30					18:30	19:00			19:00	19:30	19:30	20:00
TUR-TUNCEL K.			18:00	18:30					18:30	19:00			19:00	19:30	19:30	20:00
MDA-GUZ A.					18:30	19:00					19:00	19:30	19:30	20:00	20:00	20:30
MNE-MARKOVIC J.					18:30	19:00					19:00	19:30	19:30	20:00	20:00	20:30
BIH-KAHRIMAN H.					18:30	19:00					19:00	19:30	19:30	20:00	20:00	20:30
LUX-SMIRNOVA E.					18:30	19:00					19:00	19:30	19:30	20:00	20:00	20:30
HUN-PIGNICZKI F.					18:30	19:00					19:00	19:30	19:30	20:00	20:00	20:30
LAT-POLSTANAJA E.			19:00	19:30			19:30	20:00					20:00	20:30	20:30	21:00
AZE-			19:00	19:30			19:30	20:00					20:00	20:30	20:30	21:00
AZE-			19:00	19:30			19:30	20:00					20:00	20:30	20:30	21:00
ISR-			19:00	19:30			19:30	20:00					20:00	20:30	20:30	21:00
ISR-			19:00	19:30			19:30	20:00					20:00	20:30	20:30	21:00
UKR-					19:30	20:00			20:00	20:30			20:30	21:00	21:00	21:30
UKR-					19:30	20:00			20:00	20:30			20:30	21:00	21:00	21:30
CZE-STEPANKOVA D.					19:30	20:00			20:00	20:30			20:30	21:00	21:00	21:30
BLR-					19:30	20:00			20:00	20:30			20:30	21:00	21:00	21:30
BLR-					19:30	20:00			20:00	20:30			20:30	21:00	21:00	21:30
BUL-			20:00	20:30							20:30	21:00	21:00	21:30	21:30	22:00
BUL-			20:00	20:30							20:30	21:00	21:00	21:30	21:30	22:00
SLO-VEDENEEVA E.			20:00	20:30							20:30	21:00	21:00	21:30	21:30	22:00
ROU-			20:00	20:30							20:30	21:00	21:00	21:30	21:30	22:00
ROU-			20:00	20:30							20:30	21:00	21:00	21:30	21:30	22:00

