



**RGI SENIORS AND RGI JUNIORS PODIUM TRAINING SCHEDULE**

**TUESDAY, 26 MAY**

<i>NFs</i>	<i>Carpet 2</i>		<i>Official Podium</i>		<i>Carpet 4</i>		<i>Carpet 5</i>	
	<i>Start time</i>	<i>End time</i>	<i>Start time</i>	<i>End time</i>	<i>Start time</i>	<i>End time</i>	<i>Start time</i>	<i>End time</i>
AIN2/POR/SVK	07:25	08:25	08:30	09:25	09:30	11:00	X	X
AUT/GRE/LAT	08:25	09:25	09:30	10:25	X	X	10:30	11:30
MDA/MNE/NOR/	09:25	10:25	10:30	11:25	11:30	13:00	X	X
BUL/ITA/POL	10:25	11:25	11:30	12:25	X	X	12:30	14:00
GBR/FIN/SMR	11:25	12:25	12:30	13:25	13:30	15:00	X	X
CZE/CYP/NED	12:25	13:25	13:30	14:25	X	X	14:30	16:00
FRA/TUR/UKR	13:25	14:25	14:30	15:25	15:30	17:00	X	X
GER/HUN/SUI	14:25	15:25	15:30	16:25	X	X	16:30	18:00
ALB/AND/ISR/SRB	15:25	16:25	16:30	17:25	17:30	19:00	X	X
BIH/CRO/ESP/SWE	16:25	17:25	17:30	18:30	X	X	18:35	20:05
EST/LTU/LUX/MKD	17:25	18:25	18:30	19:30	19:35	21:05	X	X
AZE/GEO/MLT/SLO	18:25	19:25	19:30	20:30	X	X	20:35	22:05
AIN1/ARM/BEL/ROU	19:25	20:25	20:30	21:30	21:35	23:05	X	X

\* **Stretching is available 30 minutes prior to training**

\* **The remaining carpets are NOT to be used**



42<sup>nd</sup> RHYTHMIC GYMNASTICS  
**EUROPEAN CHAMPIONSHIPS**  
 27-31 MAY 2026  
 VARNA



**European  
Gymnastics**

**SENIOR RGG PODIUM TRAINING SCHEDULE**

**FRIDAY, 29 MAY**

<i>NFs</i>	<i>Carpet 2</i>		<i>Carpet3</i>		<i>Official Podium</i>		<i>Carpet 4</i>		<i>Carpet 5</i>		<i>Carpet 6</i>	
	<i>Start time</i>	<i>End time</i>	<i>Start time</i>	<i>End time</i>	<i>Start time</i>	<i>End time</i>	<i>Start time</i>	<i>End time</i>	<i>Start time</i>	<i>End time</i>	<i>Start time</i>	<i>End time</i>
BUL/AUT/CZE/GRE/ITA/UKR	17:40	18:55	X	X	19:00	19:30	19:35	21:05	X	X	X	X
AZE/GEO/HUN/POR/ROU	X	X	18:25	19:25	19:30	19:55	X	X	20:00	21:35	X	X
CYP/ESP/FIN/FRA/TUR	18:55	19:55	X	X	20:00	20:25	X	X	X	X	20:30	22:00
AIN1/GER/ISR/LTU/SVK	X	X	19:25	20:25	20:30	20:55	21:00	22:30	X	X	X	X
AIN2/GBR/NOR/POL/SLO	19:55	20:55	X	X	21:00	21:25	X	X	21:30	23:00	X	X

\* **Stretching is available 30 minutes prior to training**

\* **The remaining carpets are NOT to be used**