



FIG RG WORLD CUP MILANO 2025



PODIUM TRAINING 17 July			Stretching Zone	I	H	G	F		E	D	C	A		B		
			TRAINING HALL GALLERY						WARM-UP FORUM			FOP		WARM-UP		
			30 min	50 min					5 min	60 min			40 min		30 min	
1	RGI	1ARM-1AUT-2BEL-2AIN	07:05:00	07:35:00				08:25:00	08:30:00			09:30:00	10:10:00	10:15:00	10:45:00	
2		2BUL-2CAN-2CHN	07:45:00		08:15:00			09:05:00		09:10:00		10:10:00	10:50:00	10:55:00	11:25:00	
3		1CRO-2CYP-2CZE-1FIN	08:25:00			08:55:00		09:45:00			09:50:00	10:50:00	11:30:00	11:35:00	12:05:00	
4		2EST-2FRA-2GEO	09:05:00				09:35:00	10:25:00	10:30:00			11:30:00	12:10:00	12:15:00	12:45:00	
5		2ITA-2SMR-2CHI	09:45:00	10:15:00				11:05:00		11:10:00		12:10:00	12:50:00	12:55:00	13:25:00	
6		2IND-2JPN-2LAT	10:25:00		10:55:00			11:45:00			11:50:00	12:50:00	13:30:00	13:35:00	14:05:00	
7		2BRA-2HUN-2UKR	11:05:00			11:35:00		12:25:00	12:30:00			13:30:00	14:10:00	14:15:00	14:45:00	
8		3GER-1LAO-2NED	11:45:00				12:15:00	13:05:00		13:10:00		14:10:00	14:50:00	14:55:00	15:25:00	
9		2ISR-2POL-2MEX	12:25:00	12:55:00				13:45:00			13:50:00	14:50:00	15:30:00	15:35:00	16:05:00	
10		2ROU-2SVK-2POR	13:05:00		13:35:00			14:25:00	14:30:00			15:30:00	16:10:00	16:15:00	16:45:00	
11		2SWE-2USA-1RSA-1SLO-1TUR	13:45:00			14:15:00		15:05:00		15:10:00		16:10:00	16:55:00	17:00:00	17:30:00	
12		2UZB-1SGP-2VEN-1PHI-1LTU	14:30:00				15:00:00	15:50:00			15:55:00	16:55:00	17:40:00	17:45:00	18:15:00	
PODIUM TRAINING			30 min	50 min				5 min	60 min			25 min		20 min		
1	RGG	MEX-CHN	15:25:00	15:55:00				16:45:00	16:50:00			17:50:00	18:15:00	18:20:00	18:40:00	
2		BRA-CAN	15:50:00		16:20:00			17:10:00		17:15:00		18:15:00	18:40:00	18:45:00	19:05:00	
3		CZE-FIN	16:15:00			16:45:00		17:35:00			17:40:00	18:40:00	19:05:00	19:10:00	19:30:00	
4		ISR-FRA	16:40:00				17:10:00	18:00:00	18:05:00			19:05:00	19:30:00	19:35:00	19:55:00	
5		UKR-JPN	17:05:00	17:35:00				18:25:00		18:30:00		19:30:00	19:55:00	20:00:00	20:20:00	
6		HUN-GER	17:30:00		18:00:00			18:50:00			18:55:00	19:55:00	20:20:00	20:25:00	20:45:00	
7		POL-TUR	17:55:00			18:25:00		19:15:00	19:20:00			20:20:00	20:45:00	20:50:00	21:10:00	
8		USA-UZB	18:20:00				18:50:00	19:40:00		19:45:00		20:45:00	21:10:00	21:15:00	21:35:00	
9		ITA	18:45:00	19:15:00				20:05:00			20:10:00	21:10:00	21:35:00	21:40:00	22:00:00	



FIG RG WORLD CUP MILANO 2025



TRAINING *SPORTING MILANO 3*

RGG		COREOGRAPHY + TRAINING B	COREOGRAPHY + TRAINING A	MUSIC FLOOR 1	MUSIC FLOOR 2
	18 July	<i>60 min</i>		<i>60 min</i>	
1	POL-CHN	09:00:00		10:00:00	
2	UKR-FIN		09:00:00		10:00:00
3	USA-UZB	10:00:00		11:00:00	
4	BRA-CAN		10:00:00		11:00:00
5	HUN-TUR	11:00:00		12:00:00	
6	ISR-FRA		11:00:00		12:00:00
7	CZE-MEX	12:00:00		13:00:00	
8	JPN-ITA		12:00:00		13:00:00
9	GER	13:00:00		14:00:00	

18 July GROUP A		NF	APPARATUS	Stretching Zone	I	H	G	F		E	D	C	B	WAITING ZONE	A		
				TRAINING HALL GALLERY						WARM-UP FORUM					FOP		
				20 min	30 min		30 min			5 min	50 min					3 min	3 min
1	KAJAIA Mariami	GEO	HOOP	07:42:00	08:02:00		08:32:00		09:02:00				09:07:00	09:57:00	10:00:00		
2	ONOFRIICHUK Taisiia	UKR	BALL	07:45:00		08:05:00		08:35:00	09:05:00			09:10:00		10:00:00	10:03:00		
3	TRICOLICI Milana	LTU	HOOP	07:48:00	08:08:00		08:38:00		09:08:00		09:13:00			10:03:00	10:06:00		
4	MATSUSAKA Reina	JPN	BALL	07:51:00		08:11:00		08:41:00	09:11:00	09:16:00				10:06:00	10:09:00		
5	RAMADANI Gresa	CRO	HOOP	07:54:00	08:14:00		08:44:00		09:14:00				09:19:00	10:09:00	10:12:00		
6	KVANTALIANI Nino	GEO	BALL	07:57:00		08:17:00		08:47:00	09:17:00			09:22:00		10:12:00	10:15:00		
7	RAFFAELI Sofia	ITA	HOOP	08:00:00	08:20:00		08:50:00		09:20:00		09:25:00			10:15:00	10:18:00		
8	RAMONATXO Lily	FRA	BALL	08:03:00		08:23:00		08:53:00	09:23:00	09:28:00				10:18:00	10:21:00		
9	SUMKIN Meital Maayan	ISR	BALL	08:06:00	08:26:00		08:56:00		09:26:00				09:31:00	10:21:00	10:24:00		
10	FOELDESI Panni	HUN	HOOP	08:09:00		08:29:00		08:59:00	09:29:00			09:34:00		10:24:00	10:27:00		
11	KALLEMAA Carmel	CAN	BALL	08:12:00	08:32:00		09:02:00		09:32:00		09:37:00			10:27:00	10:30:00		
12	NIKOLOVA Stiliana	BUL	HOOP	08:15:00		08:35:00		09:05:00	09:35:00	09:40:00				10:30:00	10:33:00		
13	ROGOZHINA Anastasia	FIN	BALL	08:18:00	08:38:00		09:08:00		09:38:00				09:43:00	10:33:00	10:36:00		
14	MORE Shubhashree	IND	HOOP	08:21:00		08:41:00		09:11:00	09:41:00			09:46:00		10:36:00	10:39:00		
15	NOVAKOVA Nikola	CZE	BALL	08:24:00	08:44:00		09:14:00		09:44:00		09:49:00			10:39:00	10:42:00		
16	ALEXANDRE M.Eduarda	BRA	HOOP	08:27:00		08:47:00		09:17:00	09:47:00	09:52:00				10:42:00	10:45:00		
17	VAHER Anette	EST	BALL	08:30:00	08:50:00		09:20:00		09:50:00				09:55:00	10:45:00	10:48:00		
18	HE Cindy	CAN	HOOP	08:33:00		08:53:00		09:23:00	09:53:00			09:58:00		10:48:00	10:51:00		
19	PUSCH Lada	GER	BALL	08:36:00	08:56:00		09:26:00		09:56:00				10:01:00	10:51:00	10:54:00		
20	GIELIS Laura	BEL	HOOP	08:39:00		08:59:00		09:29:00	09:59:00		10:04:00			10:54:00	10:57:00		
1	KAJAIA Mariami	GEO	BALL											10:57:00	11:00:00		
2	ONOFRIICHUK Taisiia	UKR	HOOP											11:00:00	11:03:00		
3	TRICOLICI Milana	LTU	BALL											11:03:00	11:06:00		
4	MATSUSAKA Reina	JPN	HOOP											11:06:00	11:09:00		
5	RAMADANI Gresa	CRO	BALL											11:09:00	11:12:00		
6	KVANTALIANI Nino	GEO	HOOP											11:12:00	11:15:00		
7	RAFFAELI Sofia	ITA	BALL											11:15:00	11:18:00		
8	RAMONATXO Lily	FRA	HOOP											11:18:00	11:21:00		
9	SUMKIN Meital Maayan	ISR	HOOP											11:21:00	11:24:00		
10	FOELDESI Panni	HUN	BALL											11:24:00	11:27:00		
11	KALLEMAA Carmel	CAN	HOOP											11:27:00	11:30:00		
12	NIKOLOVA Stiliana	BUL	BALL											11:30:00	11:33:00		
13	ROGOZHINA Anastasia	FIN	HOOP											11:33:00	11:36:00		
14	MORE Shubhashree	IND	BALL											11:36:00	11:39:00		
15	NOVAKOVA Nikola	CZE	HOOP											11:39:00	11:42:00		
16	ALEXANDRE M.Eduarda	BRA	BALL											11:42:00	11:45:00		
17	VAHER Anette	EST	HOOP											11:45:00	11:48:00		
18	HE Cindy	CAN	BALL											11:48:00	11:51:00		
19	PUSCH Lada	GER	HOOP											11:51:00	11:54:00		
20	GIELIS Laura	BEL	BALL											11:54:00	11:57:00		

RGI

FIG RG WORLD CUP MILANO 2025



18 July GROUP B		NF	APPARATUS	Stretching Zone	I	H	G	F		E	D	C	B	WAITING ZONE	A
				TRAINING HALL GALLERY						WARM-UP FORUM					FOP
				20 min	30 min		30 min			5 min	50 min				
1	SARANOVA Tereza	SVK	HOOP	09:52:00	10:12:00		10:42:00		11:12:00				11:17:00	12:07:00	12:10:00
2	LOVASZ Luca Flora	HUN	BALL	09:55:00		10:15:00		10:45:00	11:15:00			11:20:00		12:10:00	12:13:00
3	LEWINSKA Liliana	POL	BALL	09:58:00	10:18:00		10:48:00		11:18:00		11:23:00			12:13:00	12:16:00
4	KARIKA Polina	UKR	HOOP	10:01:00		10:21:00		10:51:00	11:21:00	11:26:00				12:16:00	12:19:00
5	GARRELTS Lyvana	NED	BALL	10:04:00	10:24:00		10:54:00		11:24:00				11:29:00	12:19:00	12:22:00
6	DRAGAS Tara	ITA	HOOP	10:07:00		10:27:00		10:57:00	11:27:00			11:32:00		12:22:00	12:25:00
7	ASSOR Viktoria	EST	HOOP	10:10:00	10:30:00		11:00:00		11:30:00		11:35:00			12:25:00	12:28:00
8	BREZALIEVA Eva	BUL	BALL	10:13:00		10:33:00		11:03:00	11:33:00	11:38:00				12:28:00	12:31:00
9	LEONOVICH Polina	NED	BALL	10:16:00		10:36:00		11:06:00	11:36:00			11:41:00		12:31:00	12:34:00
10	WANG Zihan	CHN	BALL	10:19:00	10:39:00		11:09:00		11:39:00		11:44:00			12:34:00	12:37:00
11	MONTILLA SANCHEZ A.	VEN	BALL	10:22:00		10:42:00		11:12:00	11:42:00	11:47:00				12:37:00	12:40:00
12	FREITAS Carolina	POR	HOOP	10:25:00	10:45:00		11:15:00		11:45:00				11:50:00	12:40:00	12:43:00
13	KEYS Rin	USA	BALL	10:28:00		10:48:00		11:18:00	11:48:00			11:53:00		12:43:00	12:46:00
14	BIJNENS Maya	BEL	HOOP	10:31:00	10:51:00		11:21:00		11:51:00		11:56:00			12:46:00	12:49:00
15	ARAUJO Rita	POR	HOOP	10:34:00		10:54:00		11:24:00	11:54:00	11:59:00				12:49:00	12:52:00
1	SARANOVA Tereza	SVK	BALL											12:52:00	12:55:00
2	LOVASZ Luca Flora	HUN	HOOP											12:55:00	12:58:00
3	LEWINSKA Liliana	POL	HOOP											12:58:00	13:01:00
4	KARIKA Polina	UKR	BALL											13:01:00	13:04:00
5	GARRELTS Lyvana	NED	HOOP											13:04:00	13:07:00
6	DRAGAS Tara	ITA	BALL											13:07:00	13:10:00
7	ASSOR Viktoria	EST	BALL											13:10:00	13:13:00
8	BREZALIEVA Eva	BUL	HOOP											13:13:00	13:16:00
9	LEONOVICH Polina	NED	HOOP											13:16:00	13:19:00
10	WANG Zihan	CHN	HOOP											13:19:00	13:22:00
11	MONTILLA SANCHEZ A.	VEN	HOOP											13:22:00	13:25:00
12	FREITAS Carolina	POR	BALL											13:25:00	13:28:00
13	KEYS Rin	USA	HOOP											13:28:00	13:31:00
14	BIJNENS Maya	BEL	BALL											13:31:00	13:34:00
15	ARAUJO Rita	POR	BALL											13:34:00	13:37:00

18 July GROUP C		NF	APPARATUS	Stretching Zone	I	H	G	F		E	D	C	B	WAITING ZONE	A
				TRAINING HALL GALLERY						WARM-UP FORUM					FOP
				20 min	30 min		30 min			5 min	50 min				3 min
1	SARANTSEVA Anastasiya	UZB	HOOP	12:27:00	12:47:00		13:17:00		13:47:00				13:52:00	14:42:00	14:45:00
2	AVGOUSTI Maria	CYP	BALL	12:30:00		12:50:00		13:20:00	13:50:00			13:55:00		14:45:00	14:48:00
3	RAMILO Jasmine A.	PHI	HOOP	12:33:00	12:53:00		13:23:00		13:53:00		13:58:00			14:48:00	14:51:00
4	HAVLIKOVA Karolina	CZE	BALL	12:36:00		12:56:00		13:26:00	13:56:00	14:01:00				14:51:00	14:54:00
5	MUNITIS Daniela	ISR	HOOP	12:39:00	12:59:00		13:29:00		13:59:00				14:04:00	14:54:00	14:57:00
6	ENACHE Sabina	ROU	BALL	12:42:00		13:02:00		13:32:00	14:02:00			14:07:00		14:57:00	15:00:00
7	NENE Wothabo	RSA	HOOP	12:45:00	13:05:00		13:35:00		14:05:00		14:10:00			15:00:00	15:03:00
8	WANG Zilu	CHN	BALL	12:48:00		13:08:00		13:38:00	14:08:00	14:13:00				15:03:00	15:06:00
9	LEBEDEVA Alise	LAT	HOOP	12:51:00	13:11:00		13:41:00		14:11:00				14:16:00	15:06:00	15:09:00
10	YANG Mikayla Angeline	SGP	BALL	12:54:00		13:14:00		13:44:00	14:14:00			14:19:00		15:09:00	15:12:00
11	CASALI Gioia	SMR	HOOP	12:57:00	13:17:00		13:47:00		14:17:00		14:22:00			15:12:00	15:15:00
12	MOYA Valentina	MEX	BALL	13:00:00		13:20:00		13:50:00	14:20:00	14:25:00				15:15:00	15:18:00
13	URRUTIA Trinidad	CHI	HOOP	13:03:00	13:23:00		13:53:00		14:23:00				14:28:00	15:18:00	15:21:00
14	NEUMANN Julia	AUT	BALL	13:06:00		13:26:00		13:56:00	14:26:00			14:31:00		15:21:00	15:24:00
15	EMIR Hatice Gokce	TUR	HOOP	13:09:00	13:29:00		13:59:00		14:29:00		14:34:00			15:24:00	15:27:00
16	SOTO Emilia	CHI	BALL	13:12:00		13:32:00		14:02:00	14:32:00	14:37:00				15:27:00	15:30:00
17	CHU Megan	USA	HOOP	13:15:00	13:35:00		14:05:00		14:35:00				14:40:00	15:30:00	15:33:00
18	ENGSTRAND Josefine	SWE	BALL	13:18:00		13:38:00		14:08:00	14:38:00			14:43:00		15:33:00	15:36:00
19	LICA Amalia	ROU	HOOP	13:21:00	13:41:00		14:11:00		14:41:00		14:46:00			15:36:00	15:39:00
20	TKATCHEVA Darya	AIN	BALL	13:24:00		13:44:00		14:14:00	14:44:00	14:49:00				15:39:00	15:42:00
1	SARANTSEVA Anastasiya	UZB	BALL											15:42:00	15:45:00
2	AVGOUSTI Maria	CYP	HOOP											15:45:00	15:48:00
3	RAMILO Jasmine A.	PHI	BALL											15:48:00	15:51:00
4	HAVLIKOVA Karolina	CZE	HOOP											15:51:00	15:54:00
5	MUNITIS Daniela	ISR	BALL											15:54:00	15:57:00
6	ENACHE Sabina	ROU	HOOP											15:57:00	16:00:00
7	NENE Wothabo	RSA	BALL											16:00:00	16:03:00
8	WANG Zilu	CHN	HOOP											16:03:00	16:06:00
9	LEBEDEVA Alise	LAT	BALL											16:06:00	16:09:00
10	YANG Mikayla Angeline	SGP	HOOP											16:09:00	16:12:00
11	CASALI Gioia	SMR	BALL											16:12:00	16:15:00
12	MOYA Valentina	MEX	HOOP											16:15:00	16:18:00
13	URRUTIA Trinidad	CHI	BALL											16:18:00	16:21:00
14	NEUMANN Julia	AUT	HOOP											16:21:00	16:24:00
15	EMIR Hatice Gokce	TUR	BALL											16:24:00	16:27:00
16	SOTO Emilia	CHI	HOOP											16:27:00	16:30:00
17	CHU Megan	USA	BALL											16:30:00	16:33:00
18	ENGSTRAND Josefine	SWE	HOOP											16:33:00	16:36:00
19	LICA Amalia	ROU	BALL											16:36:00	16:39:00
20	TKATCHEVA Darya	AIN	HOOP											16:39:00	16:42:00

18 July GROUP D		NF	APPARATUS	Stretching Zone	I	H	G	F		E	D	C	B	WAITING ZONE	A		
				TRAINING HALL GALLERY						WARM-UP FORUM					FOP		
				20 min	30 min		30 min			5 min	50 min					3 min	3 min
1	DOMINGUEZ Jimena	VEN	HOOP	14:37:00	14:57:00		15:27:00		15:57:00				16:02:00	16:52:00	16:55:00		
2	MALPICA Marina	MEX	BALL	14:40:00		15:00:00		15:30:00	16:00:00			16:05:00		16:55:00	16:58:00		
3	ROSSI Camilla	SMR	HOOP	14:43:00	15:03:00		15:33:00		16:03:00		16:08:00			16:58:00	17:01:00		
4	DJURAEVA Lola	UZB	BALL	14:46:00		15:06:00		15:36:00	16:06:00	16:11:00				17:01:00	17:04:00		
5	PAVLENKO Patricija	LAT	HOOP	14:49:00	15:09:00		15:39:00		16:09:00				16:14:00	17:04:00	17:07:00		
6	RANA Muskan	IND	BALL	14:52:00		15:12:00		15:42:00	16:12:00			16:17:00		17:07:00	17:10:00		
7	PHILAPHANDETH Praewa M.	LAO	HOOP	14:55:00	15:15:00		15:45:00		16:15:00		16:20:00			17:10:00	17:13:00		
8	BENKOVITSOVA Xenia	SVK	BALL	14:58:00		15:18:00		15:48:00	16:18:00	16:23:00				17:13:00	17:16:00		
9	DOMINGOS Barbara	BRA	HOOP	15:01:00	15:21:00		15:51:00		16:21:00				16:26:00	17:16:00	17:19:00		
10	HEICHEL Emilia	POL	BALL	15:04:00		15:24:00		15:54:00	16:24:00			16:29:00		17:19:00	17:22:00		
11	SUZUKI Naruha	JPN	HOOP	15:07:00	15:27:00		15:57:00		16:27:00		16:32:00			17:22:00	17:25:00		
12	TRAN Margot	FRA	HOOP	15:10:00		15:30:00		16:00:00	16:30:00	16:35:00				17:25:00	17:28:00		
13	KHACHATRYAN Tatev	ARM	BALL	15:13:00	15:33:00		16:03:00		16:33:00				16:38:00	17:28:00	17:31:00		
14	SHEREMEY Elina	SWE	HOOP	15:16:00		15:36:00		16:06:00	16:36:00			16:41:00		17:31:00	17:34:00		
15	PONIKVAR Alja	SLO	BALL	15:19:00	15:39:00		16:09:00		16:39:00		16:44:00			17:34:00	17:37:00		
16	TUGOLUKOVA Vera	CYP	HOOP	15:22:00		15:42:00		16:12:00	16:42:00	16:47:00				17:37:00	17:40:00		
17	VIARENICH Darya	AIN	BALL	15:25:00	15:45:00		16:15:00		16:45:00				16:50:00	17:40:00	17:43:00		
18	VARFOLOMEEV Darja	GER	HOOP	15:28:00		15:48:00		16:18:00	16:48:00			16:53:00		17:43:00	17:46:00		
19	STEINFELD Viktoria	GER	BALL	15:31:00	15:51:00		16:21:00		16:51:00		16:56:00			17:46:00	17:49:00		
1	DOMINGUEZ Jimena	VEN	BALL											17:49:00	17:52:00		
2	MALPICA Marina	MEX	HOOP											17:52:00	17:55:00		
3	ROSSI Camilla	SMR	BALL											17:55:00	17:58:00		
4	DJURAEVA Lola	UZB	HOOP											17:58:00	18:01:00		
5	PAVLENKO Patricija	LAT	BALL											18:01:00	18:04:00		
6	RANA Muskan	IND	HOOP											18:04:00	18:07:00		
7	PHILAPHANDETH Praewa M.	LAO	BALL											18:07:00	18:10:00		
8	BENKOVITSOVA Xenia	SVK	HOOP											18:10:00	18:13:00		
9	DOMINGOS Barbara	BRA	BALL											18:13:00	18:16:00		
10	HEICHEL Emilia	POL	HOOP											18:16:00	18:19:00		
11	SUZUKI Naruha	JPN	BALL											18:19:00	18:22:00		
12	TRAN Margot	FRA	BALL											18:22:00	18:25:00		
13	KHACHATRYAN Tatev	ARM	HOOP											18:25:00	18:28:00		
14	SHEREMEY Elina	SWE	BALL											18:28:00	18:31:00		
15	PONIKVAR Alja	SLO	HOOP											18:31:00	18:34:00		
16	TUGOLUKOVA Vera	CYP	BALL											18:34:00	18:37:00		
17	VIARENICH Darya	AIN	HOOP											18:37:00	18:40:00		
18	VARFOLOMEEV Darja	GER	BALL											18:40:00	18:43:00		
19	STEINFELD Viktoria	GER	HOOP											18:43:00	18:46:00		



FIG RG WORLD CUP MILANO 2025



18 July 5 RIBBONS		Stretching Zone	I	H	G	F		E	D	C	B	WAITING ZONE	A	
		TRAINING HALL GALLERY						WARM-UP FORUM					FOP	
		20 min	30 min		30 min			5 min	60 min					5 min
GROUP A														
1	POL	17:00:00	17:20:00		17:50:00		18:20:00				18:25:00	19:25:00	19:30:00	
2	CHN	17:30:00		17:50:00		17:55:00	18:25:00			18:30:00		19:30:00	19:35:00	
3	UKR	17:10:00	17:30:00		18:00:00		18:30:00		18:35:00			19:35:00	19:40:00	
4	FIN	17:40:00		18:00:00		18:05:00	18:35:00	18:40:00				19:40:00	19:45:00	
5	USA	17:20:00	17:40:00		18:10:00		18:40:00				18:45:00	19:45:00	19:50:00	
6	UZB	17:50:00		18:10:00		18:15:00	18:45:00			18:50:00		19:50:00	19:55:00	
7	BRA	17:30:00	17:50:00		18:20:00		18:50:00		18:55:00			19:55:00	20:00:00	
8	CAN	18:00:00		18:20:00		18:25:00	18:55:00	19:00:00				20:00:00	20:05:00	
9	HUN	17:40:00	18:00:00		18:30:00		19:00:00				19:05:00	20:05:00	20:10:00	
GROUP B														
1	TUR	17:55:00	18:15:00		18:45:00		19:15:00				19:20:00	20:20:00	20:25:00	
2	ISR	18:25:00		18:45:00		18:50:00	19:20:00			19:25:00		20:25:00	20:30:00	
3	FRA	18:05:00	18:25:00		18:55:00		19:25:00		19:30:00			20:30:00	20:35:00	
4	CZE	18:35:00		18:55:00		19:00:00	19:30:00	19:35:00				20:35:00	20:40:00	
5	MEX	18:15:00	18:35:00		19:05:00		19:35:00				19:40:00	20:40:00	20:45:00	
6	JPN	18:45:00		19:05:00		19:10:00	19:40:00			19:45:00		20:45:00	20:50:00	
7	ITA	18:25:00	18:45:00		19:15:00		19:45:00		19:50:00			20:50:00	20:55:00	
8	GER	18:55:00		19:15:00		19:20:00	19:50:00	19:55:00				20:55:00	21:00:00	



FIG RG WORLD CUP MILANO 2025



TRAINING *SPORTING MILANO 3*

RGI		COREOGRAPHY + TRAINING B	COREOGRAPHY + TRAINING A	MUSIC FLOOR 1	MUSIC FLOOR 2
	18 July	45 min		45 min	
1	GR A - 1-7	16:15:00		17:00:00	
2	GR A - 8-13		16:15:00		17:00:00
3	GR A - 14-20	17:00:00		17:45:00	
4	GR B - 1-5		17:00:00		17:45:00
5	GR B - 6-10	17:45:00		18:30:00	
6	GR B - 11-15		17:45:00		18:30:00
7	GR C - 1-7	18:30:00		19:15:00	
8	GR C - 8-13		18:30:00		19:15:00
9	GR C - 14-20	19:15:00		20:00:00	
10	GR D - 1-6		19:15:00		20:00:00
11	GR D - 7-12	20:00:00		20:45:00	
12	GR D - 13-19		20:00:00		20:45:00



FIG RG WORLD CUP MILANO 2025



TRAINING *SPORTING MILANO 3*

RGG		COREOGRAPHY + TRAINING B	COREOGRAPHY + TRAINING A	MUSIC FLOOR 1	MUSIC FLOOR 2
	19 July	<i>60 min</i>		<i>60 min</i>	
1	TUR-ISR	09:00:00		10:00:00	
2	FRA-CZE		09:00:00		10:00:00
3	MEX-JPN	10:00:00		11:00:00	
4	ITA-GER		10:00:00		11:00:00
5	POL-CHN	11:00:00		12:00:00	
6	UKR-FIN		11:00:00		12:00:00
7	USA-UZB	12:00:00		13:00:00	
8	BRA-CAN		12:00:00		13:00:00
9	HUN	13:00:00		14:00:00	

RGI

FIG RG WORLD CUP MILANO 2025



19 July GROUP B		NF	APPARATUS	Stretching Zone	I	H	G	F		E	D	C	B	WAITING ZONE	A
				TRAINING HALL GALLERY						WARM-UP FORUM					FOP
				20 min	30 min		30 min			5 min	50 min				
1	SARANOVA Tereza	SVK	CLUBS	07:42:00	08:02:00		08:32:00		09:02:00				09:07:00	09:57:00	10:00:00
2	LOVASZ Luca Flora	HUN	RIBBON	07:45:00		08:05:00		08:35:00	09:05:00			09:10:00		10:00:00	10:03:00
3	LEWINSKA Liliana	POL	RIBBON	07:48:00	08:08:00		08:38:00		09:08:00		09:13:00			10:03:00	10:06:00
4	KARIKA Polina	UKR	CLUBS	07:51:00		08:11:00		08:41:00	09:11:00	09:16:00				10:06:00	10:09:00
5	GARRELTS Lyvana	NED	RIBBON	07:54:00	08:14:00		08:44:00		09:14:00				09:19:00	10:09:00	10:12:00
6	DRAGAS Tara	ITA	CLUBS	07:57:00		08:17:00		08:47:00	09:17:00			09:22:00		10:12:00	10:15:00
7	ASSOR Viktoria	EST	CLUBS	08:00:00	08:20:00		08:50:00		09:20:00		09:25:00			10:15:00	10:18:00
8	BREZALIEVA Eva	BUL	RIBBON	08:03:00		08:23:00		08:53:00	09:23:00	09:28:00				10:18:00	10:21:00
9	LEONOVICH Polina	NED	RIBBON	08:06:00		08:26:00		08:56:00	09:26:00			09:31:00		10:21:00	10:24:00
10	WANG Zihan	CHN	RIBBON	08:09:00	08:29:00		08:59:00		09:29:00		09:34:00			10:24:00	10:27:00
11	MONTILLA SANCHEZ A.	VEN	RIBBON	08:12:00		08:32:00		09:02:00	09:32:00	09:37:00				10:27:00	10:30:00
12	FREITAS Carolina	POR	CLUBS	08:15:00	08:35:00		09:05:00		09:35:00				09:40:00	10:30:00	10:33:00
13	KEYS Rin	USA	RIBBON	08:18:00		08:38:00		09:08:00	09:38:00			09:43:00		10:33:00	10:36:00
14	BIJNENS Maya	BEL	CLUBS	08:21:00	08:41:00		09:11:00		09:41:00		09:46:00			10:36:00	10:39:00
15	ARAUJO Rita	POR	CLUBS	08:24:00		08:44:00		09:14:00	09:44:00	09:49:00				10:39:00	10:42:00
1	SARANOVA Tereza	SVK	RIBBON											10:42:00	10:45:00
2	LOVASZ Luca Flora	HUN	CLUBS											10:45:00	10:48:00
3	LEWINSKA Liliana	POL	CLUBS											10:48:00	10:51:00
4	KARIKA Polina	UKR	RIBBON											10:51:00	10:54:00
5	GARRELTS Lyvana	NED	CLUBS											10:54:00	10:57:00
6	DRAGAS Tara	ITA	RIBBON											10:57:00	11:00:00
7	ASSOR Viktoria	EST	RIBBON											11:00:00	11:03:00
8	BREZALIEVA Eva	BUL	CLUBS											11:03:00	11:06:00
9	LEONOVICH Polina	NED	CLUBS											11:06:00	11:09:00
10	WANG Zihan	CHN	CLUBS											11:09:00	11:12:00
11	MONTILLA SANCHEZ A.	VEN	CLUBS											11:12:00	11:15:00
12	FREITAS Carolina	POR	RIBBON											11:15:00	11:18:00
13	KEYS Rin	USA	CLUBS											11:18:00	11:21:00
14	BIJNENS Maya	BEL	RIBBON											11:21:00	11:24:00
15	ARAUJO Rita	POR	RIBBON											11:24:00	11:27:00

19 July GROUP A		NF	APPARATUS	Stretching Zone	I	H	G	F		E	D	C	B	WAITING ZONE	A
				TRAINING HALL GALLERY						WARM-UP FORUM					FOP
				20 min	30 min		30 min			5 min	50 min				
1	KAJAIA Mariani	GEO	CLUBS	09:22:00	09:42:00		10:12:00		10:42:00				10:47:00	11:37:00	11:40:00
2	ONOFRIICHUK Taisiia	UKR	RIBBON	09:25:00		09:45:00		10:15:00	10:45:00			10:50:00		11:40:00	11:43:00
3	TRICOLICI Milana	LTU	CLUBS	09:28:00	09:48:00		10:18:00		10:48:00		10:53:00			11:43:00	11:46:00
4	MATSUSAKA Reina	JPN	RIBBON	09:31:00		09:51:00		10:21:00	10:51:00	10:56:00				11:46:00	11:49:00
5	RAMADANI Gresa	CRO	CLUBS	09:34:00	09:54:00		10:24:00		10:54:00				10:59:00	11:49:00	11:52:00
6	KVANTALIANI Nino	GEO	RIBBON	09:37:00		09:57:00		10:27:00	10:57:00			11:02:00		11:52:00	11:55:00
7	RAFFAELI Sofia	ITA	CLUBS	09:40:00	10:00:00		10:30:00		11:00:00		11:05:00			11:55:00	11:58:00
8	RAMONATXO Lily	FRA	RIBBON	09:43:00		10:03:00		10:33:00	11:03:00	11:08:00				11:58:00	12:01:00
9	SUMKIN Meital Maayan	ISR	RIBBON	09:46:00	10:06:00		10:36:00		11:06:00				11:11:00	12:01:00	12:04:00
10	FOELDESI Panni	HUN	CLUBS	09:49:00		10:09:00		10:39:00	11:09:00			11:14:00		12:04:00	12:07:00
11	KALLEMAA Carmel	CAN	RIBBON	09:52:00	10:12:00		10:42:00		11:12:00		11:17:00			12:07:00	12:10:00
12	NIKOLOVA Stiliana	BUL	CLUBS	09:55:00		10:15:00		10:45:00	11:15:00	11:20:00				12:10:00	12:13:00
13	ROGOZHINA Anastasia	FIN	RIBBON	09:58:00	10:18:00		10:48:00		11:18:00				11:23:00	12:13:00	12:16:00
14	MORE Shubhashree	IND	CLUBS	10:01:00		10:21:00		10:51:00	11:21:00			11:26:00		12:16:00	12:19:00
15	NOVAKOVA Nikola	CZE	RIBBON	10:04:00	10:24:00		10:54:00		11:24:00		11:29:00			12:19:00	12:22:00
16	ALEXANDRE M.Eduarda	BRA	CLUBS	10:07:00		10:27:00		10:57:00	11:27:00	11:32:00				12:22:00	12:25:00
17	VAHER Anette	EST	RIBBON	10:10:00	10:30:00		11:00:00		11:30:00				11:35:00	12:25:00	12:28:00
18	HE Cindy	CAN	CLUBS	10:13:00		10:33:00		11:03:00	11:33:00			11:38:00		12:28:00	12:31:00
19	PUSCH Lada	GER	RIBBON	10:16:00	10:36:00		11:06:00		11:36:00				11:41:00	12:31:00	12:34:00
20	GIELIS Laura	BEL	CLUBS	10:19:00		10:39:00		11:09:00	11:39:00		11:44:00			12:34:00	12:37:00
1	KAJAIA Mariani	GEO	RIBBON											12:37:00	12:40:00
2	ONOFRIICHUK Taisiia	UKR	CLUBS											12:40:00	12:43:00
3	TRICOLICI Milana	LTU	RIBBON											12:43:00	12:46:00
4	MATSUSAKA Reina	JPN	CLUBS											12:46:00	12:49:00
5	RAMADANI Gresa	CRO	RIBBON											12:49:00	12:52:00
6	KVANTALIANI Nino	GEO	CLUBS											12:52:00	12:55:00
7	RAFFAELI Sofia	ITA	RIBBON											12:55:00	12:58:00
8	RAMONATXO Lily	FRA	CLUBS											12:58:00	13:01:00
9	SUMKIN Meital Maayan	ISR	CLUBS											13:01:00	13:04:00
10	FOELDESI Panni	HUN	RIBBON											13:04:00	13:07:00
11	KALLEMAA Carmel	CAN	CLUBS											13:07:00	13:10:00
12	NIKOLOVA Stiliana	BUL	RIBBON											13:10:00	13:13:00
13	ROGOZHINA Anastasia	FIN	CLUBS											13:13:00	13:16:00
14	MORE Shubhashree	IND	RIBBON											13:16:00	13:19:00
15	NOVAKOVA Nikola	CZE	CLUBS											13:19:00	13:22:00
16	ALEXANDRE M.Eduarda	BRA	RIBBON											13:22:00	13:25:00
17	VAHER Anette	EST	CLUBS											13:25:00	13:28:00
18	HE Cindy	CAN	RIBBON											13:28:00	13:31:00
19	PUSCH Lada	GER	CLUBS											13:31:00	13:34:00
20	GIELIS Laura	BEL	RIBBON											13:34:00	13:37:00

19 July GROUP D		NF	APPARATUS	Streching Zone	I	H	G	F		E	D	C	B	WAITING ZONE	A
				TRAINING HALL GALLERY						WARM-UP FORUM					FOP
				20 min	30 min		30 min		5 min	50 min					3 min
1	DOMINGUEZ Jimena	VEN	CLUBS	12:27:00	12:47:00		13:17:00		13:47:00				13:52:00	14:42:00	14:45:00
2	MALPICA Marina	MEX	RIBBON	12:30:00		12:50:00		13:20:00	13:50:00			13:55:00		14:45:00	14:48:00
3	ROSSI Camilla	SMR	CLUBS	12:33:00	12:53:00		13:23:00		13:53:00		13:58:00			14:48:00	14:51:00
4	DJURAEVA Lola	UZB	RIBBON	12:36:00		12:56:00		13:26:00	13:56:00	14:01:00				14:51:00	14:54:00
5	PAVLENKO Patricija	LAT	CLUBS	12:39:00	12:59:00		13:29:00		13:59:00				14:04:00	14:54:00	14:57:00
6	RANA Muskan	IND	RIBBON	12:42:00		13:02:00		13:32:00	14:02:00			14:07:00		14:57:00	15:00:00
7	PHILAPHANDETH Praewa M.	LAO	CLUBS	12:45:00	13:05:00		13:35:00		14:05:00		14:10:00			15:00:00	15:03:00
8	BENKOVITSOVA Xenia	SVK	RIBBON	12:48:00		13:08:00		13:38:00	14:08:00	14:13:00				15:03:00	15:06:00
9	DOMINGOS Barbara	BRA	CLUBS	12:51:00	13:11:00		13:41:00		14:11:00				14:16:00	15:06:00	15:09:00
10	HEICHEL Emilia	POL	RIBBON	12:54:00		13:14:00		13:44:00	14:14:00			14:19:00		15:09:00	15:12:00
11	SUZUKI Naruha	JPN	CLUBS	12:57:00	13:17:00		13:47:00		14:17:00		14:22:00			15:12:00	15:15:00
12	TRAN Margot	FRA	CLUBS	13:00:00		13:20:00		13:50:00	14:20:00	14:25:00				15:15:00	15:18:00
13	KHACHATRYAN Tatev	ARM	RIBBON	13:03:00	13:23:00		13:53:00		14:23:00				14:28:00	15:18:00	15:21:00
14	SHEREMEY Elina	SWE	CLUBS	13:06:00		13:26:00		13:56:00	14:26:00			14:31:00		15:21:00	15:24:00
15	PONIKVAR Alja	SLO	RIBBON	13:09:00	13:29:00		13:59:00		14:29:00		14:34:00			15:24:00	15:27:00
16	TUGOLUKOVA Vera	CYP	CLUBS	13:12:00		13:32:00		14:02:00	14:32:00	14:37:00				15:27:00	15:30:00
17	VIARENICH Darya	AIN	RIBBON	13:15:00	13:35:00		14:05:00		14:35:00				14:40:00	15:30:00	15:33:00
18	VARFOLOMEEV Darja	GER	CLUBS	13:18:00		13:38:00		14:08:00	14:38:00			14:43:00		15:33:00	15:36:00
19	STEINFELD Viktoria	GER	RIBBON	13:21:00	13:41:00		14:11:00		14:41:00		14:46:00			15:36:00	15:39:00
1	DOMINGUEZ Jimena	VEN	RIBBON											15:39:00	15:42:00
2	MALPICA Marina	MEX	CLUBS											15:42:00	15:45:00
3	ROSSI Camilla	SMR	RIBBON											15:45:00	15:48:00
4	DJURAEVA Lola	UZB	CLUBS											15:48:00	15:51:00
5	PAVLENKO Patricija	LAT	RIBBON											15:51:00	15:54:00
6	RANA Muskan	IND	CLUBS											15:54:00	15:57:00
7	PHILAPHANDETH Praewa M.	LAO	RIBBON											15:57:00	16:00:00
8	BENKOVITSOVA Xenia	SVK	CLUBS											16:00:00	16:03:00
9	DOMINGOS Barbara	BRA	RIBBON											16:03:00	16:06:00
10	HEICHEL Emilia	POL	CLUBS											16:06:00	16:09:00
11	SUZUKI Naruha	JPN	RIBBON											16:09:00	16:12:00
12	TRAN Margot	FRA	RIBBON											16:12:00	16:15:00
13	KHACHATRYAN Tatev	ARM	CLUBS											16:15:00	16:18:00
14	SHEREMEY Elina	SWE	RIBBON											16:18:00	16:21:00
15	PONIKVAR Alja	SLO	CLUBS											16:21:00	16:24:00
16	TUGOLUKOVA Vera	CYP	RIBBON											16:24:00	16:27:00
17	VIARENICH Darya	AIN	CLUBS											16:27:00	16:30:00
18	VARFOLOMEEV Darja	GER	RIBBON											16:30:00	16:33:00
19	STEINFELD Viktoria	GER	CLUBS											16:33:00	16:36:00

19 July GROUP C		NF	APPARATUS	Stretching Zone	I	H	G	F		E	D	C	B	WAITING ZONE	A	
				TRAINING HALL GALLERY						WARM-UP FORUM					FOP	
				20 min	30 min		30 min			5 min	50 min				3 min	3 min
1	SARANTSEVA Anastasiya	UZB	CLUBS	14:32:00	14:52:00		15:22:00		15:52:00				15:57:00	16:47:00	16:50:00	
2	AVGOUSTI Maria	CYP	RIBBON	14:35:00		14:55:00		15:25:00	15:55:00			16:00:00		16:50:00	16:53:00	
3	RAMILO Jasmine A.	PHI	CLUBS	14:38:00	14:58:00		15:28:00		15:58:00		16:03:00			16:53:00	16:56:00	
4	HAVLIKOVA Karolina	CZE	RIBBON	14:41:00		15:01:00		15:31:00	16:01:00	16:06:00				16:56:00	16:59:00	
5	MUNITIS Daniela	ISR	CLUBS	14:44:00	15:04:00		15:34:00		16:04:00				16:09:00	16:59:00	17:02:00	
6	ENACHE Sabina	ROU	RIBBON	14:47:00		15:07:00		15:37:00	16:07:00			16:12:00		17:02:00	17:05:00	
7	NENE Wothabo	RSA	CLUBS	14:50:00	15:10:00		15:40:00		16:10:00		16:15:00			17:05:00	17:08:00	
8	WANG Zilu	CHN	RIBBON	14:53:00		15:13:00		15:43:00	16:13:00	16:18:00				17:08:00	17:11:00	
9	LEBEDEVA Alise	LAT	CLUBS	14:56:00	15:16:00		15:46:00		16:16:00				16:21:00	17:11:00	17:14:00	
10	YANG Mikayla Angeline	SGP	RIBBON	14:59:00		15:19:00		15:49:00	16:19:00			16:24:00		17:14:00	17:17:00	
11	CASALI Gioia	SMR	CLUBS	15:02:00	15:22:00		15:52:00		16:22:00		16:27:00			17:17:00	17:20:00	
12	MOYA Valentina	MEX	RIBBON	15:05:00		15:25:00		15:55:00	16:25:00	16:30:00				17:20:00	17:23:00	
13	URRUTIA Trinidad	CHI	CLUBS	15:08:00	15:28:00		15:58:00		16:28:00				16:33:00	17:23:00	17:26:00	
14	NEUMANN Julia	AUT	RIBBON	15:11:00		15:31:00		16:01:00	16:31:00			16:36:00		17:26:00	17:29:00	
15	EMIR Hatice Gokce	TUR	CLUBS	15:14:00	15:34:00		16:04:00		16:34:00		16:39:00			17:29:00	17:32:00	
16	SOTO Emilia	CHI	RIBBON	15:17:00		15:37:00		16:07:00	16:37:00	16:42:00				17:32:00	17:35:00	
17	CHU Megan	USA	CLUBS	15:20:00	15:40:00		16:10:00		16:40:00				16:45:00	17:35:00	17:38:00	
18	ENGSTRAND Josefina	SWE	RIBBON	15:23:00		15:43:00		16:13:00	16:43:00			16:48:00		17:38:00	17:41:00	
19	LICA Amalia	ROU	CLUBS	15:26:00	15:46:00		16:16:00		16:46:00				16:51:00	17:41:00	17:44:00	
20	TKATCHEVA Darya	AIN	RIBBON	15:29:00		15:49:00		16:19:00	16:49:00			16:54:00		17:44:00	17:47:00	
1	SARANTSEVA Anastasiya	UZB	RIBBON											17:47:00	17:50:00	
2	AVGOUSTI Maria	CYP	CLUBS											17:50:00	17:53:00	
3	RAMILO Jasmine A.	PHI	RIBBON											17:53:00	17:56:00	
4	HAVLIKOVA Karolina	CZE	CLUBS											17:56:00	17:59:00	
5	MUNITIS Daniela	ISR	RIBBON											17:59:00	18:02:00	
6	ENACHE Sabina	ROU	CLUBS											18:02:00	18:05:00	
7	NENE Wothabo	RSA	RIBBON											18:05:00	18:08:00	
8	WANG Zilu	CHN	CLUBS											18:08:00	18:11:00	
9	LEBEDEVA Alise	LAT	RIBBON											18:11:00	18:14:00	
10	YANG Mikayla Angeline	SGP	CLUBS											18:14:00	18:17:00	
11	CASALI Gioia	SMR	RIBBON											18:17:00	18:20:00	
12	MOYA Valentina	MEX	CLUBS											18:20:00	18:23:00	
13	URRUTIA Trinidad	CHI	RIBBON											18:23:00	18:26:00	
14	NEUMANN Julia	AUT	CLUBS											18:26:00	18:29:00	
15	EMIR Hatice Gokce	TUR	RIBBON											18:29:00	18:32:00	
16	SOTO Emilia	CHI	CLUBS											18:32:00	18:35:00	
17	CHU Megan	USA	RIBBON											18:35:00	18:38:00	
18	ENGSTRAND Josefina	SWE	CLUBS											18:38:00	18:41:00	
19	LICA Amalia	ROU	RIBBON											18:41:00	18:44:00	
20	TKATCHEVA Darya	AIN	CLUBS											18:44:00	18:47:00	

RGG

FIG RG WORLD CUP MILANO 2025



19 July 3+2		Streching Zone	I	H	G	F		E	D	C	B	WAITING ZONE	A		
		TRAINING HALL GALLERY						WARM-UP FORUM					FOP		
		20 min	30 min		30 min			5 min	60 min					5 min	5 min
GROUP B															
1	TUR	17:30:00	17:50:00		18:20:00		18:50:00				18:55:00	19:55:00	20:00:00		
2	ISR	18:00:00		18:20:00		18:25:00	18:55:00			19:00:00		20:00:00	20:05:00		
3	FRA	17:40:00	18:00:00		18:30:00		19:00:00		19:05:00			20:05:00	20:10:00		
4	CZE	18:10:00		18:30:00		18:35:00	19:05:00	19:10:00				20:10:00	20:15:00		
5	MEX	17:50:00	18:10:00		18:40:00		19:10:00				19:15:00	20:15:00	20:20:00		
6	JPN	18:20:00		18:40:00		18:45:00	19:15:00			19:20:00		20:20:00	20:25:00		
7	ITA	18:00:00	18:20:00		18:50:00		19:20:00		19:25:00			20:25:00	20:30:00		
8	GER	18:30:00		18:50:00		18:55:00	19:25:00	19:30:00				20:30:00	20:35:00		
GROUP A															
1	POL	18:20:00	18:40:00		19:10:00		19:40:00				19:45:00	20:45:00	20:50:00		
2	CHN	18:50:00		19:10:00		19:15:00	19:45:00			19:50:00		20:50:00	20:55:00		
3	UKR	18:30:00	18:50:00		19:20:00		19:50:00		19:55:00			20:55:00	21:00:00		
4	FIN	19:00:00		19:20:00		19:25:00	19:55:00	20:00:00				21:00:00	21:05:00		
5	USA	18:40:00	19:00:00		19:30:00		20:00:00				20:05:00	21:05:00	21:10:00		
6	UZB	19:10:00		19:30:00		19:35:00	20:05:00			20:10:00		21:10:00	21:15:00		
7	BRA	18:50:00	19:10:00		19:40:00		20:10:00		20:15:00			21:15:00	21:20:00		
8	CAN	19:20:00		19:40:00		19:45:00	20:15:00	20:20:00				21:20:00	21:25:00		
9	HUN	19:00:00	19:20:00		19:50:00		20:20:00				20:25:00	21:25:00	21:30:00		



FIG RG WORLD CUP MILANO 2025



TRAINING *SPORTING MILANO 3*

RGI		COREOGRAPHY + TRAINING B	COREOGRAPHY + TRAINING A	MUSIC FLOOR 1	MUSIC FLOOR 2
	19 July	45 min		45 min	
1	GR B - 1-5	16:15:00		17:00:00	
2	GR B - 6-10		16:15:00		17:00:00
3	GR B - 11-15	17:00:00		17:45:00	
4	GR A - 1-7		17:00:00		17:45:00
5	GR A - 8-13	17:45:00		18:30:00	
6	GR A - 14-20		17:45:00		18:30:00
7	GR D - 1-6	18:30:00		19:15:00	
8	GR D - 7-12		18:30:00		19:15:00
9	GR D - 13-19	19:15:00		20:00:00	
10	GR C - 1-7		19:15:00		20:00:00
11	GR C - 8-13	20:00:00		20:45:00	
12	GR C - 14-20		20:00:00		20:45:00

