

# Asian Gymnastics Union



## 7th AEROBIC GYMNASTICS ASIAN CHAMPIONSHIPS

Pattaya (THA) - 3rd-5th September 2022



17051

### PODIUM TRAINING SESSION - Age Group and Junior categories

Date: September 2nd, 2022

version: 30/8/2022

Subject to change after accreditation

Group Nr	Federations								Units	General Warm-up 30"		Tranfert 5'	Aerobic floor without music 30"		Floor	Transfer to Podium	Floor Competition hall	
1	THA	13							13	10:10:00	10:40:00	10:40:00	10:45:00	11:15:00	2, 3, 4	11:15:00	11:20:00	11:52:30
2	IND	13							13	10:42:30	11:12:30	11:12:30	11:17:30	11:47:30	2, 3, 4	11:47:30	11:52:30	12:25:00
3	KOR	13							13	11:15:00	11:45:00	11:45:00	11:50:00	12:20:00	2, 3, 4	12:20:00	12:25:00	12:57:30
4	JPN	6	VIE	6					12	11:47:30	12:17:30	12:17:30	12:22:30	12:52:30	2, 3, 4	12:52:30	12:57:30	13:27:30
5	MGL	9							9	12:17:30	12:47:30	12:47:30	12:52:30	13:22:30	2, 3, 4	13:22:30	13:27:30	13:50:00
6	CAM	5	INA	2	KGZ	1	HKG	1	9	12:40:00	13:10:00	13:10:00	13:15:00	13:45:00	2, 3, 4	13:45:00	13:50:00	14:12:30