

## TRAINING, FRIDAY 31<sup>st</sup> OF MARCH 2023

Group No.	NF	Units	NF	Units	Total Units	Warm-up & Training area		Competition Floor 1min 30s per routine	
						1	2		
<b>1</b>	<b>SVK</b>	107			<b>54</b>	<b>6:45</b>		<b>7:45</b>	<b>9:12</b>
1.1	Royal Aerobic Club Bratislava	3			3	<b>6:45</b>		7:45	7:50
1.2	KGŠ Slávia Trnava	18			18		<b>6:51</b>	7:51	8:18
1.3	KŠA Nitra	18			18	<b>7:19</b>		8:19	8:46
1.4	GK Nové Zámky	2			2		<b>7:47</b>	8:47	8:50
1.5	CGŠ Prievidza	2			2	<b>7:51</b>		8:51	8:54
1.6	KGŠ Slávia PU Prešov	11			11		<b>7:55</b>	8:55	9:12
<b>2</b>	<b>ROU</b>	13	<b>AZE</b>	1	<b>14</b>	<b>8:13</b>		<b>9:13</b>	<b>10:13</b>
<b>3</b>	<b>AUT</b>	17			<b>17</b>		<b>9:14</b>	<b>10:14</b>	<b>10:35</b>
<b>4</b>	<b>BUL</b>	12	<b>ARG</b>	4	<b>16</b>	<b>9:36</b>		<b>10:36</b>	<b>11:02</b>
<b>5</b>	<b>UKR</b>	19			<b>19</b>		<b>10:03</b>	<b>11:03</b>	<b>11:27</b>
<b>6</b>	<b>GBR</b>	21			<b>21</b>	<b>10:28</b>		<b>11:28</b>	<b>11:57</b>
<b>7</b>	<b>GRE</b>	14			<b>14</b>		<b>10:58</b>	<b>11:58</b>	<b>12:30</b>
<b>8</b>	<b>LTU</b>	25			<b>25</b>	<b>11:31</b>		<b>12:31</b>	<b>12:52</b>
<b>9</b>	<b>HUN</b>	40			<b>40</b>		<b>11:53</b>	<b>12:53</b>	<b>13:31</b>
<b>10</b>	<b>CZE</b>	40			<b>40</b>	<b>12:32</b>		<b>13:32</b>	<b>14:32</b>

## TRAINING, SATURDAY 1<sup>st</sup> OF APRIL 2023

Group No.	NF	Units	NF	Units	Total Units	Warm-up & Training area		Competition Floor 1min 30s per routine	
						1	2		
<b>1</b>	<b>SVK</b>	9			<b>12</b>	<b>18:00</b>		<b>19:00</b>	<b>19:25</b>
1.1	Royal Aerobic Club Bratislava	1			1	18:00		19:00	19:02
1.2	KGŠ Slávia Trnava	1			1		18:03	19:03	19:05
1.3	KGŠ Slávia PU Prešov	2			2	18:06		19:06	19:09
1.4	VŠK FTVŠ UK Lafranconi Bratislava	2			2		18:10	19:10	19:13
1.5	Inter Aerobic Bratislava	1			1	18:14		19:14	19:16
1.6	KŠA Nitra	5			5		18:17	19:17	19:25
<b>2</b>	<b>LTU</b>	3			<b>3</b>	<b>18:26</b>		<b>19:26</b>	<b>19:31</b>
<b>3</b>	<b>UKR</b>	11			<b>11</b>		<b>18:32</b>	<b>19:32</b>	<b>19:49</b>
<b>4</b>	<b>HUN</b>	15			<b>15</b>	<b>18:50</b>		<b>19:50</b>	<b>20:13</b>
<b>5</b>	<b>CZE</b>	8			<b>8</b>		<b>19:14</b>	<b>20:14</b>	<b>20:26</b>
<b>6</b>	<b>GBR</b>	5			<b>5</b>	<b>19:27</b>		<b>20:27</b>	<b>20:35</b>
<b>7</b>	<b>GRE</b>	4	<b>BUL</b>	1	<b>5</b>		<b>19:36</b>	<b>20:36</b>	<b>20:44</b>
<b>8</b>	<b>AGR</b>	3	<b>AZE</b>	1	<b>4</b>	<b>19:45</b>		<b>20:45</b>	<b>20:51</b>

