



Age Group Camp for Rhythmic Gymnastics – (ID: 18413)

Place and Date: 10-14 November 2025 in Riga, LATVIA

Course Schedule — version October 2, 2025

Expert: Elizabeth Paisieva



	Time	Monday November 10	Tuesday November 11	Wednesday November 12	Thursday November 13	Friday November 14	Saturday Nov. 15
Sunday November 9 - Arrival of Experts and the candidates	09:00 – 10:30	Opening & Overview of AGP Gymnasts not needed	Technical Testing Programme	Technical Testing Programme	Physical Preparation For Injury Prevention Gymnasts not needed	Competition Program Compulsories	Daparture
	10:30 – 10:45	Coffee Break					
	10:45 – 12:15	Warm-up	Technical Testing Programme	Technical Testing Programme	Technical Testing Programme	Competition Program Compulsories	
	12:15 – 14:00	Lunch					
	14:30 – 16:00	Physical Testing Programme	Technical Testing Programme	Free	Technical Testing Programme	Free	
	16:00 - 16:15	Coffee Break			Coffee Break		
	16:15 - 17:45	Physical Testing Programme	Technical Testing Programme		Technical Testing Programme		