



16th African Championships
Aerobic Gymnastics
23-24 September, 2022
Cairo -Egypt
(Senior – Junior- Age Group)
Revised: 10.09.2022



PODIUM TRAINING SCHEDULE

Thursday 22th September 2022

Serial	Country	Stretching/Warm Up	FOP (Hall 2)
1	ALGERIA	11 :00 AM - 11 :15 AM	11 :15 AM - 11 :45 AM
2	BENIN	11 :30 AM - 11 :45 AM	11 :45 AM - 12 :45 PM
3	CAMEROON	12 :30 PM - 12 :45 PM	12 :45 PM - 01 :15 PM
4	CAPE VERDE	01 :00 PM - 01 :15 PM	01 :15 PM - 01:30 PM
5	CONGO DR	01:15 PM - 01:30 PM	01:30 PM - 01:45 PM
6	MOROCCO	01 :30 PM - 01:45 PM	01:45 PM - 02:00 PM
7	SIERRA LEONE	01:45 PM - 02:00 PM	02:00 PM - 02:15 PM
8	EGYPT	02:00 PM - 02:15 PM	02:15 PM - 04:30 PM