	PARKOUR World Cup Amsterdam 2025				
	Wednesday 14 May	Thursday 15 May	Friday 16 May	Saturday 17 May	Sunday 18 May
07:00:00 07:15:00					
07:15:00 07:30:00					
07:30:00 07:45:00					
07:45:00 08:00:00					
08:00:00 08:15:00				Training Freestyle Women Gr 1	
08:15:00 08:30:00				+	
08:30:00 08:45:00				Training Speed Men Gr1	
08:45:00 09:00:00			Training Conned Warran Cri	Training Franchile Warran Cr2	
09:00:00 09:15:00 09:15:00 09:30:00			Training Speed Women Gr1	Training Freestyle Women Gr2	
09:15:00 09:30:00 09:30:00 09:45:00			Training Freestyle Men Gr1	Training Speed Men Gr2	
09:45:00 10:00:00			Training Freestyle Well GIT	Training Speed Wen Grz	
10:00:00 10:15:00			Training Speed Women Gr2		Training Speed Men
10:15:00 10:30:00			+		+
10:30:00 10:45:00			Training Freestyle Men Gr2	Warm-up Freestyle Women	Training Freestyle Women
10:45:00 11:00:00					
11:00:00 11:15:00		ORIENTATION MEETING		Qualification Freestyle Women	
11:15:00 11:30:00					
11:30:00 11:45:00					
11:45:00 12:00:00			Marra va Franchila Mara Donta		
12:00:00 12:15:00 12:15:00 12:30:00			Warm-up Freestyle Men Part1		
12:30:00 12:45:00			Qualification Freestyle Men Part 1		
12:45:00 13:00:00			Qualification Freestyle Weif Fart 1		
13:00:00 13:15:00		Training Speed Men Gr1		Warm-up Speed Men	Warm Up Speed Men
13:15:00 13:30:00		+			
13:30:00 13:45:00		Training Freestyle Women Gr1		Qualification Speed Men	Warm Up Freestyle Women
13:45:00 14:00:00					
14:00:00 14:15:00	ARRIVAL OF DELEGATION	Training Speed Women Gr1			
14:15:00 14:30:00		+	Warm-up Freestyle Men Part 2		Touch Warm-up Speed Men
14:30:00 14:45:00		Training Freestyle Men Gr1	0 110 11 5 11 10 5 10		Semi-Final Speed Men
14:45:00 15:00:00		Tuelele a Consed Man Co2	Qualification Freestyle Men Part 2		
15:00:00 15:15:00 15:15:00 15:30:00		Training Speed Men Gr2			Touch Warm-up Freestyle Women
15:30:00 15:45:00		Training Freestyle Women Gr2			FINAL Freestyle Women
15:45:00 16:00:00		Training Treestyle Women Grz			FINAL Fleestyle Wollien
16:00:00 16:15:00		Training Speed Women Gr2		Training Speed Women	
16:15:00 16:30:00				+ Training Freestyle Men	Touch Warm-up Speed Men
16:30:00 16:45:00		Training Freestyle Men Gr2			FINAL Speed Men
16:45:00 17:00:00				Touch Warm-up Speed Women	Award Ceremony
17:00:00 17:15:00			Warm-up Speed Women	Semi-Final Speed Women	
17:15:00 17:30:00					
17:30:00 17:45:00			Qualification Speed Women		
17:45:00 18:00:00				Touch Warm-up Freestyle Men	
18:00:00 18:15:00				FINAL Freestyle Men	
18:15:00 18:30:00					
18:30:00 18:45:00					
18:45:00 19:00:00				Touch Warm-up Speed Women	
19:00:00 19:15:00				FINAL Speed Women	
19:15:00 19:30:00				Award Ceremony	
19:30:00 19:45:00					
19:45:00 20:00:00					
20:00:00 20:15:00					
20:15:00 20:30:00 20:30:00 20:45:00					
20:45:00 21:00:00					
20.43.00 21.00:00					