



Under the patronage
of the European Parliament



EUROGYM2026
EUROPEAN GYM FOR
LIFE CHALLENGE
PISTOIA
ITALY



EUROGYM 2026

EVENT GUIDE

♥
**FEEL
THE SOUL!**

GREETINGS



Dear Friends of Gymnastics,

You are welcome to EUROGYM 2026 in Pistoia, Italy, taking place from 12th to 16th July, 2026.

I am pleased to see thousands of young participants from all over Europe coming together in the spirit of friendship, respect and enthusiasm for gymnastics. Pistoia, with its historic beauty, vibrant atmosphere and welcoming community, offers an ideal environment for this unique celebration of youth, culture and sport.

The EUROGYM will be hosted in Pistoia for the first time. The event will definitely add a new chapter to the long and successful history of this flagship European Gymnastics event. Through workshops, group performances and cultural activities, young people have the opportunity to learn from one another, discover new perspectives and create lifelong friendships beyond borders.

Gymnastics for All and events such as EUROGYM play an essential role in the lives of young people. They encourage physical activity, teamwork, creativity and self-expression, while also promoting solidarity and mutual respect. In today's world, opportunities for young people to meet, share experiences and celebrate diversity are more valuable than ever.

I would like to extend my heartfelt thanks to the European Gymnastics Technical Committee, the Local Organizing Committee, the staff of European Gymnastics and all volunteers whose dedication and passion have made this event possible. Their efforts ensure that EUROGYM continues to inspire generations of young gymnasts throughout Europe. I encourage all participants to enjoy every moment of this extraordinary experience, to make new friends and to proudly share the beauty of gymnastics.

I wish you all a memorable and exciting EUROGYM 2026 in Pistoia.

Farid Gayibov

President of the EUROPEAN GYMNASTICS



Dear gymnast Friends,

It is with great pride and deep emotion that, on behalf of the entire Italian Gymnastics Federation, I extend my warmest greetings to all the participants of this extraordinary edition of European Gym for Life Challenge & Eurogym.

I would like to express my sincere thanks to the splendid city of Pistoia, which has opened its doors with enthusiasm and generosity to welcome the great community of European gymnastics.

I thank the Local Organizing Committee and all the professionals and volunteers who will participate in the event: organizing an event of this magnitude requires perfect synergy, and Pistoia and this group are proving to be up to the task.

My warmest greeting, however, goes to you: the thousands of boys and girls, especially those who have come from every corner of Europe.

You are the pure energy, the present and future of our sport. EGFLC and Eurogym are not only a showcase of talent and spectacularity, but above all a magnificent celebration of friendship, sharing, and growth.

These days, linguistic and cultural barriers are disappearing, making room for the one universal language that unites us: the passion for gymnastics. Sport, above all else, should be a wonderful experience to cherish for a lifetime.

I hope you work as a team, have fun, make new friends, and fill your days with joy and enthusiasm.

Have fun everyone, and long live gymnastics!

Andrea Facci

*President of the ITALIAN GYMNASTICS
FEDERATION*



GREETINGS



Dear Gymnastics Friends,

On behalf of the Gymnastics for All Committee of European Gymnastics, it is an absolute pleasure to welcome you to the EUROGYM 2026, in the historic and charming city of Pistoia!

We are about to see Pistoia “invaded” by a vibrant wave of energy, with 4218 participants and 178 groups from 21 different countries. It is inspiring to see so many young people united by their passion for gymnastics. For a few days, the city’s most iconic and emblematic landmarks will be transformed into magnificent stages, where the beauty of sport meets the timeless history of Italy.

I would like to express my deepest gratitude to the Local Organizing Committee and the City of Pistoia. Their hard work and warm hospitality have made it possible for us to gather in such a spectacular setting.

To our gymnasts: I encourage you to dive into every experience. Enjoy the workshops, shine during your performances, and, most importantly, take this chance to build lifelong friendships. Let’s fill the streets of Pistoia with joy, movement, and the spirit of togetherness.

Have an amazing EUROGYM!!

Ricardo Lima

President of the Gymnastics for All Technical Committee at the European Gymnastics



With great enthusiasm,

From 12 to 17 July, Pistoia will be transformed, and as both a coach and a proud local, I couldn’t be more excited. For almost a week, our city will become one huge open-air gymnastics village, ready to welcome the dreams and enthusiasm of thousands of young people from all across Europe.

EUROGYM is a truly unique event, and it represents exactly the kind of sport I love to teach: zero performance pressure, one hundred percent sharing and enjoyment. We’ve prepared an incredible programme designed to keep you active from morning until night. The fun begins each morning with workshops, where you’ll have the chance to challenge yourself and discover new disciplines. Then the excitement moves into the heart of the city with the City Performances, where our beautiful historic squares become your stage. And in the evening? It’s time for music and parties, because making friends and celebrating together is an essential part of the EUROGYM spirit.

Bringing an event like this to life has been an enormous challenge, made possible only through the passion and dedication of our Local Organising Committee and our amazing volunteers. My deepest thanks go to every one of them.

Dear participants, the squares are ready, and the music is about to begin. Make the most of every single day—learn, dance, meet new friends, share unforgettable moments and, above all, have fun.

Pistoia is yours!

Alessandra Mazzatosta

President of the Local Organizing Committee (LOC)

WELCOME TO PISTOIA



Dear Friends,

On behalf of the City of Pistoia, it is my great pleasure to welcome you to European Gym for Life Challenge & Eurogym 2026.

For the first time, Italy has the honour of hosting these prestigious European Gymnastics events, and we are proud that Pistoia has been chosen to welcome thousands of participants from across Europe.

Over the coming days, our city will become a place where sport, culture, friendship, and inclusion come together. Pistoia, with its rich history and traditions, is ready to open its doors to gymnasts, coaches, volunteers, and families, creating an atmosphere of sharing and mutual respect.

Gymnastics for All embodies values that are more important than ever: participation, solidarity, cooperation, and respect for others. These events are not only an opportunity to perform and compete, but also to build friendships, discover new cultures, and strengthen the bonds that unite the European community.

I would like to thank European Gymnastics, the Italian Gymnastics Federation, the Local Organising Committee, the volunteers, and all those whose dedication and commitment have made this event possible.

I wish all participants an inspiring and memorable stay in Pistoia and Tuscany.

Welcome to Pistoia. Welcome to European Gym for Life Challenge & Eurogym 2026.

Giovanni Capecchi
Major of PISTOIA



Discover the new archaeological itinerary

Reduced admission
with Eurogym 2026 pass

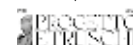


Pistoia Museo dell'Antico Palazzo dei Vescovi

Piazza del Duomo
Wednesday – Sunday
10:00 a.m. – 7:00 p.m.

pistoiamusei.it
f x @ in y e

initiative as part of



partner





EUROPEAN GYM FOR LIFE CHALLENGE & EUROGYM

A week full of memories together!



EUROPEAN GYMNASTICS TECHNICAL COMMITTEE



RICARDO LIMA
PRESIDENT



EMILIANA POLINI
VICE PRESIDENT



AGNES HARTMANN



LASSE HAUSER



RUSLAN EYVAZOV



MARINA MADER SALVINI



VALERIE GRANDJEAN

LOCAL ORGANIZING COMMITTEE

EUROGYM2026
EUROPEAN GYM FOR
LIFE CHALLENGE JULY 8-17
PISTOIA ITALY



ALESSANDRA MAZZATOSTA
LOC PRESIDENT



SIMONE MONACO
EXECUTIVE DIRECTOR



SALVATORE CONTE
SCHOOLS



SONIA ANGILLETTA
WORKSHOPS



FABIO GAGGIOLI
CEREMONIES



CATIA ROSI
**EUROPEAN GYM FOR LIFE
CHALLENGE**



SILVIA TECCHI
CITY PERFORMANCES



GABRIELE MATTEI
APPARATUS



FULVIO AGRESTA
ACCREDITATION



PIETRO NATALICCHIO
VOLUNTEERS



LORENZO GUIDI
YOUNG LEADERS



FRANCESCA BRUNELLO
INCLUSION/SUSTAINABILITY



PIERO PAOLINI
MEDICAL



IVO ANTONELLI
SECURITY



SILVIA NOCI
CATERING



SANDRO TACCONI
TRANSPORTATION



CRISTINA CASENTINI
PROTOCOL



ANDREA DE GIORGIO
FORUM



SARA CONTE
MARKETING



SARA RIDOLFI
SOCIAL MEDIA MARKETING



ROBERTO BRESCI
FINANCE/ ADMINISTRATION



FEDERICO OGGIONI
FACILITIES & TICKETING



PEDRO CANILHAS
SPORT PRESENTATION

PARTICIPATING COUNTRIES

4218

PARTICIPANTS

FROM 21
COUNTRIES

are joining us for
EUROGYM PISTOIA 2026.



ALBANIA



AZERBAIJAN



BELGIUM



BULGARIA



CZECH REPUBLIC



DENMARK



ESTONIA



FINLAND



FRANCE



GERMANY



GREAT BRITAIN



GREECE



HUNGARY



ICELAND



ITALY



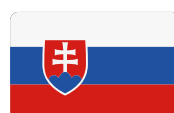
LITHUANIA



NORWAY



PORTUGAL



SLOVAKIA



SWEDEN



SWITZERLAND

ENJOY EXCLUSIVE BENEFITS IN ALL MUNICIPAL PHARMACIES OF PISTOIA!

**IF YOU ARE A EGFL&EUROGYM 2026 PARTICIPANTS
SIMPLY PRESENT YOUR ACCREDITATION PASS TO RECEIVE**

10%

INSTANT DISCOUNT

ON A WIDE SELECTION OF PRODUCTS,
INCLUDING MEDICAL DEVICES,
PARA-PHARMACEUTICAL ITEMS, AND FOOD
PRODUCTS (EXCLUDING INFANT FORMULA),
ON NON-DISCOUNTED ITEMS

15%

INSTANT DISCOUNT

ON HEALTHCARE AND MEDICAL SUPPORT
PRODUCTS AVAILABLE AT ALL
FAR.COM S.P.A. MUNICIPAL PHARMACIES,
ON NON-DISCOUNTED ITEMS.

11



Please note that medicinal products of any kind (including generic medicines, compounded preparations, and homeopathic remedies) **are excluded from the promotion.**

VENUES

VILLA CAPPUGI



1
Via di Collegiati, 45
HEAD OF DELEGATION
MEETING POINT

STADIO MARCELLO MELANI



2
Via dello Stadio, 6A
OPENING CEREMONY
WORKSHOPS AREA
CITY PERFORMANCES
EUROGYM WELCOME PARTY

PIAZZA SAN LORENZO



3
PARKOUR AREA
FREE WORKSHOP

PIAZZA GIOVANNI XXIII



4
EDUCATIONAL
FORUM

PIAZZA DUOMO



5
WORKSHOPS AREA
CITY PERFORMANCES
EUROGYM PARTY
GALA & CLOSING CEREMONY

PARCO MONTEOLIVETO



6
WORKSHOPS AREA
CITY PERFORMANCES
GOODBYE PARTY

EXHIBITION CENTER LA CATTEDRALE



Via Sandro Pertini, 396
CATERING
INTERVIEWS AREA
EXHIBITION AREA
MERCH

BIBLIOTECA SAN GIORGIO



7
Via Sandro Pertini
ACCREDITATION AREA
READING WORKSHOP
INFOPOINT
LOST & FOUND

PIAZZA DELLA RESISTENZA



8
WORKSHOPS AREA
CITY PERFORMANCES



A large, stylized green outline of a leaf, composed of several overlapping geometric shapes like rectangles and circles, creating a wireframe effect. It is positioned in the background, centered behind the main text.

No Matter the Question,
Plants are the answer.

Planet
Sport
Summer
Friends
Repeat



VANNUCCIPIANTE.IT

Daily program

SATURDAY JULY 11TH

TIME	WHAT HAPPENS?	LOCATION
9.15 AM-7.00 PM	ACCREDITATION & INFOPOINT OPEN	BIBLIOTECA SAN GIORGIO
9.00AM-8.30PM APP.	EUROPEAN GYM FOR LIFE CHALLENGE	PALACARRARA

SUNDAY JULY 12TH

TIME	WHAT HAPPENS?	LOCATION
7.00 - 9.00 AM	BREAKFAST AT SCHOOL	SCHOOLS
9.15 AM-3.00 PM	ACCREDITATION & INFOPOINT OPEN	BIBLIOTECA SAN GIORGIO
12.00AM-2.30PM	LUNCH AT SCHEDULED TIME	LA CATTEDRALE
2.00-3.00 PM	HEAD OF DELEGATION, GROUP LEADER AND GALA COACHES MEETING	HOTEL VILLA CAPPUGI
4.30 PM	MEET-UP PARADE	PIAZZA DUOMO
5.30 PM	PARADE START	PIAZZA DUOMO
7.00-8.30 PM	OPENING CEREMONY	STADIO MELANI
7.30 - 8.30 PM	LUNCH BOX	STADIO MELANI
8.30 - 10.30 PM	NATIONS PARTY	STADIO MELANI

MONDAY JULY 13TH

TIME	WHAT HAPPENS?	LOCATION
7.00 - 9.00 AM	BREAKFAST AT SCHOOL	SCHOOLS
8.00 - 9.00 AM	HEAD OF DELEGATION AND GROUP LEADERS MEETING	HOTEL VILLA CAPPUGI
9.15 AM-3.00 PM	ACCREDITATION & INFOPOINT OPEN	BIBLIOTECA SAN GIORGIO
9.00-11.30AM	WORKSHOPS	WORKSHOPS VENUES
12.00AM-2.30PM	LUNCH AT SCHEDULED TIME	LA CATTEDRALE
5.00 - 8.30 PM	CITY PERFORMANCES	VENUES
6.00 - 8.30 PM	DINNER AT SCHEDULED TIME	LA CATTEDRALE

Daily program

TUESDAY JULY 14TH

TIME	WHAT HAPPENS?	LOCATION
7.00 - 9.00 AM	BREAKFAST AT SCHOOL	SCHOOLS
8.00 - 9.00 AM	HEAD OF DELEGATION MEETING	HOTEL VILLA CAPPUGI
9.00 - 11.30 AM	WORKSHOPS	WORKSHOPS VENUES
9.15 AM - 7.00 PM	ACCREDITATION & INFOPOINT OPEN	BIBLIOTECA SAN GIORGIO
12.00 AM - 2.30 PM	LUNCH AT SCHEDULED TIME	LA CATTEDRALE
5.00 - 8.30 PM	CITY PERFORMANCES	VENUES
6.00 - 8.30 PM	DINNER AT SCHEDULED TIME	LA CATTEDRALE
8.30 - 10.30 PM	EDUCATIONAL FORUM	PIAZZA GIOVANNI XXIII
8.30 - 10.30 PM	CARNIVAL PARTY	PIAZZA DUOMO

WEDNESDAY JULY 15TH

TIME	WHAT HAPPENS?	LOCATION
7.00 - 9.00 AM	BREAKFAST AT SCHOOL	SCHOOLS
8.00 - 9.00 AM	HEAD OF DELEGATION MEETING	HOTEL VILLA CAPPUGI
9.00 - 11.30 AM	WORKSHOPS	WORKSHOPS VENUES
9.15 AM-7.00 PM	ACCREDITATION & INFOPOINT OPEN	BIBLIOTECA SAN GIORGIO
12.00 AM- 2.30 PM	LUNCH AT SCHEDULED TIME	LA CATTEDRALE
5.00 - 8.30 PM	CITY PERFORMANCES	VENUES
6.00 - 8.30 PM	DINNER AT SCHEDULED TIME	LA CATTEDRALE

Daily program

THURSDAY JULY 16TH

TIME	WHAT HAPPENS?	LOCATION
7.00 - 9.00 AM	BREAKFAST AT SCHOOL	SCHOOLS
8.00 - 9.00 AM	HEAD OF DELEGATION MEETING	HOTEL VILLA CAPPUGI
9.00 - 11.30 AM	WORKSHOPS	WORKSHOPS VENUES
9.15 AM - 19.00 PM	ACCREDITATION & INFOPOINT OPEN	BIBLIOTECA SAN GIORGIO
12.00 AM - 2.30 PM	LUNCH AT SCHEDULED TIME	LA CATTEDRALE
6.00 - 7.30 PM	GALA & CLOSING CEREMONY	PIAZZA DUOMO
7.30 - 8.30 PM	LUNCH BOX	LA CATTEDRALE
8.30 - 10.30 PM	GOODBYE NEON PARTY	PARCO MONTEOLIVETO

FRIDAY JULY 17TH

TIME	WHAT HAPPENS?	LOCATION
7.00 - 9.00 AM	BREAKFAST AT SCHOOL	SCHOOLS
	ALL DAY DEPARTURES	

Allianz



***Pistoia*assicura**

ASSICURAZIONI E FINANZA PERSONALE

Agenzia Allianz Pistoia - Pistoiaassicura S.a.s.

Via Marini (Zona Stadio) - 51100 Pistoia

Tel. 0573 22655 - Fax 0573 22672 - pistoiaassicurasas@pec.it

Ci potete trovare anche: Larciano - Fucecchio

KEY INFORMATION FOR GROUP LEADERS AND DELEGATIONS

GROUP SCHEDULES

All groups have a personal schedule for the event. Download the EUROGYM APP for the schedule.

www.appeurogym2026.com

The link will also be available as a QR-code on the accreditation card.

In the APP you will find:

- Workshops scheduled, time and place
- Performance time and stages
- Lunch and dinner time

PUBLIC PERFORMANCE PROGRAMME

We have also put together a programme page for the audience. Here you can check which groups and performances you can see each day at both stages. You can find the public program here:

www.eurogym2026.com

PAYMENTS

All the payments must be done before the arrival.

ORIENTATION MEETING FOR ALL HEADS OF DELEGATION, GROUP LEADERS & GALA COACHES

The LOC and European Gymnastics provide important information during this meeting. It is mandatory for all Heads of Delegation/Group Leaders of the federations to attend. Unjustified failure to attend will result in a sanction against the federation of € 500 payable to European Gymnastics.



2.00 - 3.00 PM



SUNDAY JULY 12TH



HOTEL VILLA CAPPUGI

DAILY MEETINGS WITH THE HEADS OF DELEGATION

The participation of the Heads of Delegation is mandatory. Unjustified failure to attend will result in a sanction against the federation of a fine of € 250 per meeting payable to European Gymnastics. The daily meetings will take place at the Villa Cappugi Meeting Hall.



8.00 - 9.00 AM



HOTEL VILLA CAPPUGI

ACCREDITATION CENTER



BIBLIOTECA SAN GIORGIO

GENERAL INFORMATION

The accreditation center is located in the TERZANI room of the San Giorgio Library, next to the La Cattedrale Exhibition Center.

The office is open during the following hours:

July 7th to 14th, 9.15 am to 7.00 pm

The last appointment is at 6.15 pm.

Sunday, July 12th, 9.15 am to 3.00 pm, with the last appointment at 1.45 pm.

DELEGATION ACCREDITATION

Only Head of Delegation and one accompanying person are permitted in the accreditation center. They will carry out the necessary checks to confirm registrations and check the passes that will be issued. Access to the accreditation area is by appointment only.

HOW DO I BOOK AN APPOINTMENT?

Appointments can be booked via the booking platform at the link:

www.eurogym2026.com/accreditations

Each appointment lasts 45 minutes. Reservations cannot be made by email, but you can contact accreditation@eurogym2026.com for any questions.

After completing all payments and passes, all participation kits for your delegation will be delivered to the delegation leader.

Our volunteers will assist Federations with the delivery of passes.



IF THE PARTICIPATION CARD IS LOST

Anyone who loses their pass must notify their Group Leader, who will then contact their Head of Delegation, who will be responsible for recovering it and scheduling an appointment for reprinting and returning it.

Each reprint and return costs €20.

MEDIA ACCREDITATION

For photographers and journalists to be accredited, interested parties must complete and submit the form at the following link.

www.eurogym2026.com/media-accreditations

To collect your accreditation, please communicate your expected arrival the day before by sending an email to accreditation@eurogym2026.com, as well as for any questions, concerns, or problems.

IF THE MEDIA PASS IS LOST

Anyone who loses their pass must notify the accreditation office by email at accreditation@eurogym2026.com, which will inform them of the procedure for recovery and return.

Each reprint and return costs €20.

PARADE STARTS FROM PIAZZA DUOMO



PIAZZA DUOMO **12TH JULY** **4.15-5.30 PM**

THE PARADE FOR THE OPENING CEREMONY

will take approximately 30 minutes walking through the streets of Pistoia ending up at Stadio Melani with an exceptional Opening Ceremony for EUROGYM 2026.

MEETING POINT

for the parade is Piazza Duomo, near Baptister and the street around like shown on the drawing here

The preparation for the parade is 4.30-5.30 PM on Sunday the 12th.

THE NATIONS WILL LINE UP

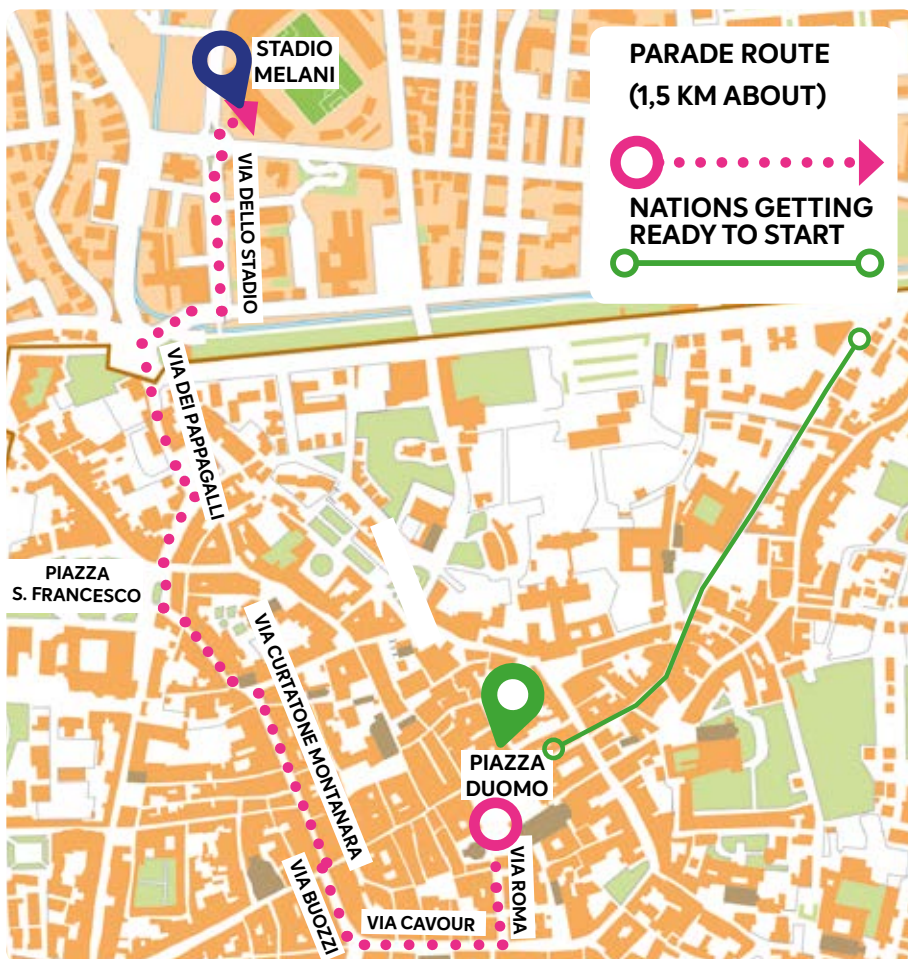
For the parade, you will line up in alphabetical order behind your nation's flag and sign.

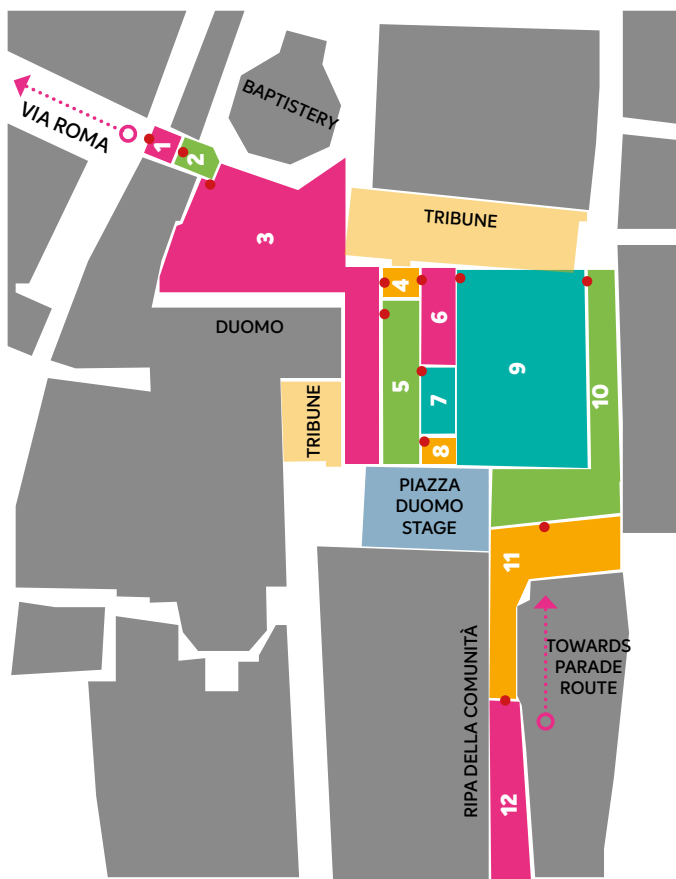
Our staff will be on hand to show you exactly where to line up. The announcers on the Piazza Duomo stage will signal the start of the parade.

Remember that the person carrying the flag have to also remain in place during the protocol phase of the opening ceremony.

22

- START: PIAZZA DUOMO**
- VIA ROMA**
- VIA CAVOUR**
- VIA BUOZZI**
- VIA DEGLI ORAFI**
- VIA CURTATONE MONTANARA**
- PIAZZA SAN FRANCESCO**
- VIA DEI PAPPAGALLI**
- VIA DELLO STADIO**
- ARRIVAL: STADIO MELANI**





ORDER OF PARADE

1. ALBANIA
2. AZERBAIJAN
3. BELGIUM
4. BULGARIA
5. CZECH REPUBLIC
6. DENMARK
7. ESTONIA
8. FINLAND
9. FRANCE
10. GERMANY
11. GREAT BRITAIN
12. GREECE
13. HUNGARY
14. ICELAND
15. LITHUANIA
16. NORWAY
17. PORTUGAL
18. SLOVAKIA
19. SWEDEN
20. SWITZERLAND
21. ITALY

STAY
IN
PIAZZA
DUOMO
4.15 PM

GETTING
READY IN
RIPA DELLA
COMUNITÀ

GETTING
READY IN VIA
BUONFANTI

TOWARDS
PIAZZA DUOMO



REMEMBER TO
BRING YOUR
WATER BOTTLE
WITH YOU; IT
COULD BE VERY
WARM!



TOWARDS
PARADE
ROUTE

TOWARDS
PARADE
ROUTE

PIAZZA
SAN LORENZO

OPENING CEREMONY

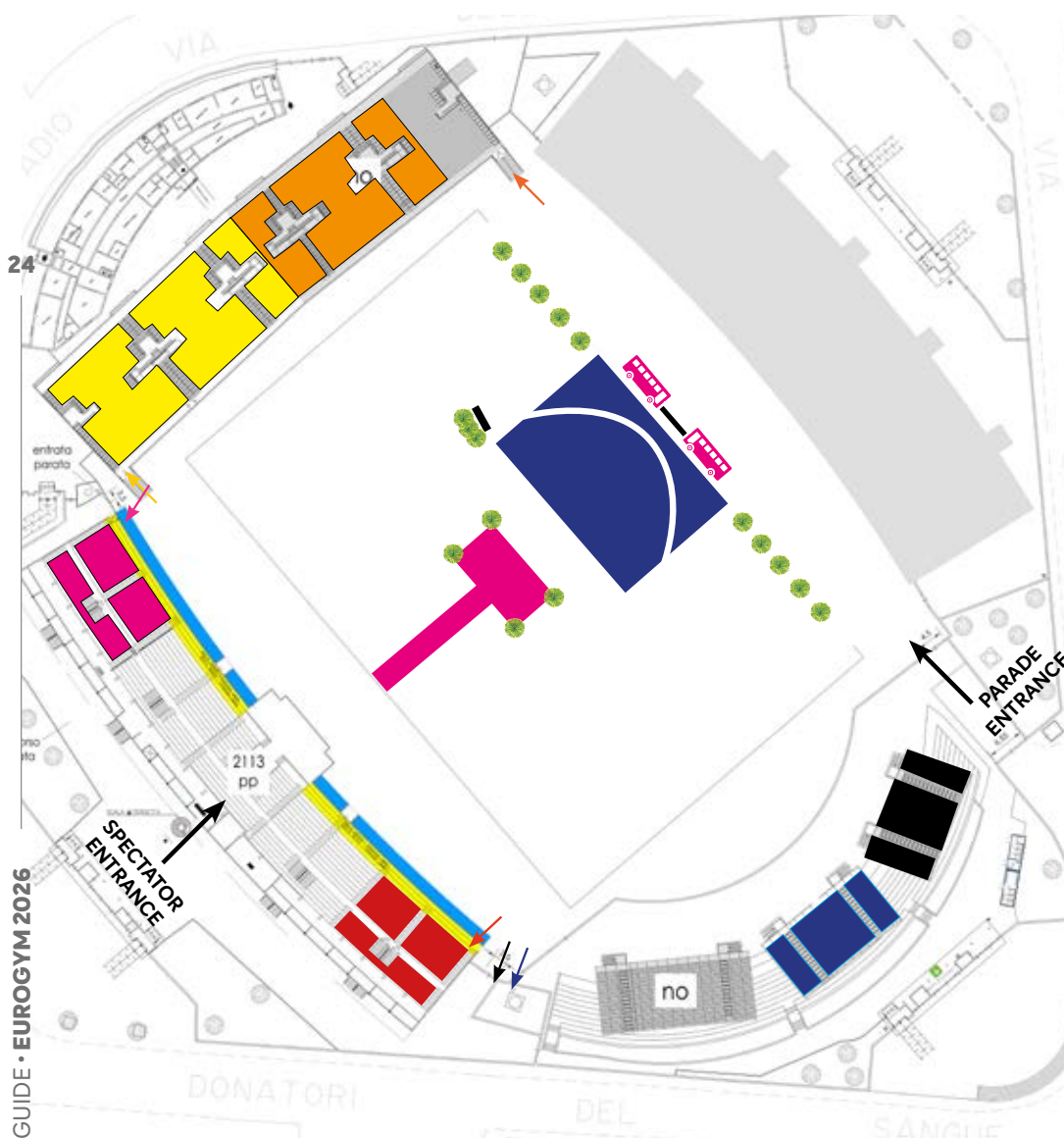


STADIO MELANI ENTRANCE

The nations enter in alphabetical order, following the parade sequence, as they are announced by the speaker, and take their places in the designated tribune.

Please follow the volunteer assigned to your nation.

Flag bearers arrange themselves in a semicircle on the stage and remain holding their flags throughout the formal proceedings.



SEATING IN THE TRIBUNE BASED ON COLOUR

1. ALBANIA
2. AZERBAIJAN
3. BELGIUM
4. BULGARIA
5. CZECH REPUBLIC
6. DENMARK
7. ESTONIA
8. FINLAND
9. FRANCE
10. GERMANY
11. GREAT BRITAIN
12. GREECE
13. HUNGARY
14. ICELAND
15. LITHUANIA
16. NORWAY
17. PORTUGAL
18. SLOVAKIA
19. SWEDEN
20. SWITZERLAND
21. ITALY

EUROGYM20
EUROPEAN GYM FOR
LIFE CHALLENGE **26**
PISTOIA
ITALY JULY 8-17



WORKSHOPS

We will provide lots of different workshops during the week, and all groups will be provided with four different workshops. The workshops will take place in several venues in Pistoia and will be both gymnastics related and other sports and activities. What workshops your group is signed up for is listed in your personal Group Schedule.

All groups have a personal schedule for the workshops.
At the link below you can find your workshops scheduled time.

Download the EUROGYM APP also for the schedule.

www.appeurogym2026.com

The link will also be available as a QR-code on the accreditation card.

In the APP you will find:

- Workshops scheduled, time and place
- Performance time and stages
- Lunch and dinner time



ACROBATIC GYMNASTICS PALESTRA PERTINI Via S. Pertini, 691	AERIAL ACROBATICS PIAZZA SAN LORENZO	AEROBIC PARCO DELLA RANA Via di Valdibranca	ARCHERY CAMPO ARCIERI DEL MICCO Via M. Marino, 8
ARMOCROMIA TEATRO BOLOGNINI Via del Presto, 5	ATHLETICS CAMPO SCUOLA ATLETICA Via dello Stadio	BAREFOOT PARCO MONTEOLIVETO Via P. Antonini	BASIC ACROBATICS & SPOTTING PALESTRA PERTINI Via S. Pertini, 691

BASKET  PLAYGROUND M. BERTOLAZZI Viale Arcadia	BLIND BASEBALL  CAMPO SPORTIVO E. TURCHI Via M. Marino	BREAK DANCE  PARCO MONTEOLIVETO Via P. Antonini	CALISTHENICS  PARCO VILLON PUCCINI Via Dalmazia, 356
CHOREOGRAPHY  GIARDINO VOLANTE Via degli Armeni, 5/A	CLASSICAL DANCE  PALESTRA ASD PROGETTO DANZA TOSCANA Via P. Lippi, 1	CONTEMPORARY DANCE  STADIO MELANI Via dello Stadio, 6A	COUNTRY DANCE  PARCO DELLA RESISTENZA Piazza della Resistenza
CROSS TRAINING  GIARDINI SAN GIORGIO Via L. Iotti	FIELD HOCKEY  PALESTRA RAFFAELLO Via Calamandrei, 1-3	FITBALL  GIARDINI SAN GIORGIO Via L. Iotti	FLAG POLE  PALESTRA MICHELUCCI Via dell'Anguillara, 69
HIP HOP  PALESTRA ASD PROGETTO DANZA TOSCANA Via P. Lippi, 1	ITALIAN TRADITIONAL DANCE  PALESTRA CINO DA PISTOIA Via E. Rossi, 19	JAZZ GYMNASTICS  PALESTRA EINAUDI Via Pacinotti, 11	LAUGHTER YOGA  GIARDINI SAN GIORGIO Via L. Iotti
MAKE UP & MOVE UP  TEATRO BOLOGNINI Via del Presto, 5	MODERN DANCE  PALESTRA CINO DA PISTOIA Via E. Rossi, 19	MOUNTAIN BIKE  CAMPO SPORTIVO E. TURCHI Via M. Marino	MOVE PLAY GROOVE  PALESTRA MARCONI/FROSINI Via delle Pentole

MOVEMENT & EXPRESSIVENESS  PALESTRA EINAUDI Via Pacinotti, 11	MUSICAL JAZZ DANCE  PALESTRA MARINI Via P. Antonini	NORDIC WALKING  PARCO VILLON PUCCINI Via Dalmazia, 356	ORIENTEERING  BOSCO BADEN POWELL Via dei Gonfiantini
PADEL  TENNIS CLUB PISTOIA Via dello Stadio, 3	PARKOUR  PIAZZA SAN LORENZO	PASITOS  PIAZZA GIOVANNI XXIII	PICKLEBALL  TENNIS CLUB PISTOIA Via dello Stadio, 3
RHYTHMIC GYMNASTICS  PALESTRA MASOTTI Via P. Antonini	RUGBY  PALESTRA RAFFAELLO Via Calamandrei, 1-3	SITTING VOLLEY  PALESTRA CINO DA PISTOIA Via E. Rossi, 19	SKATING  PARCO DELLA RANA Via di Valdibrana
SPECIAL CHOREOGRAPHY  PARCO MONTEOLIVETO Via P. Antonini	STRENGTH & POWER TRAINING  GIARDINI SAN GIORGIO Via L. Iotti	TEAM GYM  PALESTRA RAFFAELLO Via Calamandrei, 1-3	TENNIS  TENNIS CLUB PISTOIA Via dello Stadio, 3
URBAN DANCE  PARCO VILLON PUCCINI Via Dalmazia, 356	VOLLEY  PARCO VILLON PUCCINI Via Dalmazia, 356	WHEELCHAIR BASKET  PALESTRA ISTITUTO A. DI SAVOIA DUCA D'AOSTA Viale Adua, 187	ZUMBA - GLAM DANCE  PIAZZA DUOMO

WORKSHOPS FREE AREAS



ISTITUTO FORTEGUERRI

Various language workshops organized by the students of Forte Guerri High School to promote cultural exchange!

They will offer film workshops in the language, literary cafés, and dialogue lessons.

<https://www.forteguerrri.edu.it/>



LOOK AT THE PROGRAMME



ALL PERIOD



CORSO A. GRAMSCI, 148 - PISTOIA

OPEN ORIENTEERING: MYSTERIES OF PISTOIA

At accreditation, each group will receive a map of the city. Use it to explore Pistoia and discover its hidden treasures and secrets.

Special prizes will be awarded during the Eurogym Carnival Party on 14th July.



WHEN YOU WANT



ALL PERIOD



FIND THE MAP IN YOUR GOODIEBAG

OPEN PARKOUR

An urban discipline teaching how to overcome obstacles with agility, strenght and fluidity, turning space into a dynamic playground.



9.00 AM - 1.00 PM / 4.00 - 8.00 PM



9TH-16TH JULY



PIAZZA SAN LORENZO

Please book your Parkour Open time here:

www.eurogym2026.com/parkour



READING WORKSHOP

Readings aloud in the original language, in a relaxed atmosphere, in collaboration with the Babele Cooperative.

Workshops reserved exclusively for Eurogym participants.

Book at sangiorgio@comune.pistoia.it and show your Eurogym pass.



BIBLIOTECA SAN GIORGIO - HOLDEN AREA

PROGRAMME

FRENCH LITERATURE: 13th July - 3.30-5.30 pm

ENGLISH LITERATURE: 14th July - 10.30-12.30 am

GERMAN LITERATURE: 14th July - 3.30-5.30 pm

SPANISH LITERATURE: 15th July - 10.30-12.30 am

PORTUGUESE LITERATURE: 15th July - 3.30-5.30 pm

GREEK LITERATURE: 16th July - 10.30-12.30 am

ITALIAN LITERATURE: 16th July - 3.30-5.30 pm



EUROGYM2026
EUROPEAN GYM FOR
LIFE CHALLENGE
JULY 8-17

PISTOIA
ITALY



HEAD QUARTER
EXHIBITION CENTER LA CATTEDRALE



WORKSHOPS

- 01** STADIO MARCELLO MELANI
Via dello Stadio, 6A
• **W15** - CONTEMPORARY DANCE
- 02** PIAZZA DUOMO
• **W48** - ZUMBA / GLAM DANCE
- 03** PARCO DI MONTEOLIVETO
Via P. Antonini
• **W41** - SPECIAL CHOREOGRAPHY (PALCO)
• **W07** - BAREFOOT
• **W11** - BREAK DANCE (PLAYGROUND)
- 04** PARCO DELLA RESISTENZA
Piazza della Resistenza
• **W16** - COUNTRY DANCE
- 05** PARCO VILLON PUCCINI
Via Dalmazia, 356
• **W31** - NORDIC WALKING
• **W45** - URBAN DANCE
• **W12** - CALISTHENICS
• **W46** - VOLLEY (PLAYGROUND)
- 06** PARCO DELLA RANA
Via di Valdibrana
• **W40** - SKATING (PALLONE PATTINAGGIO)
• **W03** - AEROBIC
- 07** PALESTRA PERTINI
Via S. Pertini, 691
• **W01** - ACROBATIC GYMNASTICS
• **W08** - BASIC ACROBATICS & SAFE SPOTTING
- 08** CAMPO ARCIERI DEL MICCO
Via M. Marino, 8
• **W04** - ARCHERY
- 09** GIARDINI SAN GIORGIO
Via L. Iotti
• **W42** - STRENGTH & POWER TRAINING
• **W19** - FITBALL (INGRESSO PERTINI)
• **W24** - LAUGHTER YOGA (ANFITEATRO)
• **W17** - CROSS TRAINING
- 10** CAMPO SCUOLA ATLETICA
Via dello Stadio
• **W06** - ATHLETICS
- 11** PALESTRA ISTITUTO AMEDEO
DI SAVOIA DUCA D'AOSTA
Viale Adua, 187
• **W47** - WHEELCHAIR BASKET
- 12** GIARDINO VOLANTE
Via degli Armeni, 5/A
• **W13** - CHOREOGRAPHY
- 13** CAMPO SPORTIVO E. TURCHI
Via M. Marino
• **W10** - BLIND BASEBALL
• **W27** - MOUNTAIN BIKE
- 14** PALESTRA EINAUDI
Via Pacinotti, 11
• **W23** - JAZZ GYMNASTICS
• **W29** - MOVEMENT & EXPRESSIVENESS
(PALESTRA EINAUDI NUOVA)
- 15** PLAYGROUND M. BERTOLAZZI
Viale Arcadia
• **W09** - BASKET
- 16** PALESTRA CINO DA PISTOIA
Via E. Rossi, 19
• **W26** - MODERN DANCE (PLAYGROUND)
• **W39** - SITTING VOLLEY
• **W22** - ITALIAN TRADITIONAL DANCE
- 17** TENNIS CLUB PISTOIA
Via dello Stadio, 3
• **W43** - TENNIS
• **W33** - PADEL
• **W36** - PICKLEBALL
- 18** PIAZZA SAN LORENZO
• **W34** - PARKOUR
• **W02** - AERIAL ACROBATICS
- 19** PALESTRA ASD PROGETTO
DANZA TOSCANA
Via Pietro Lippi, 1
• **W14** - CLASSICAL DANCE
• **W21** - HIP HOP
- 20** PALESTRA MASOTTI
Via P. Antonini
• **W37** - RHYTHMIC GYMNASTICS
- 21** PALESTRA MICHELUCCI
(EX FONDERIA MICHELUCCI)
Via dell'Anguillara, 69
• **W20** - FLAG POLE
- 22** PALESTRA MARINI
Via P. Antonini
• **W30** - MUSICAL JAZZ DANCE
- 23** TEATRO BOLOGNINI
Via del Presto, 5
• **W25** - MAKE UP & MOVE UP
• **W05** - ARMOCROMIA
- 24** PIAZZA GIOVANNI XXIII
• **W35** - PASITOS
- 25** PALESTRA RAFFAELLO
Via Calamandrei, 1
• **W44** - TEAM GYM
- 26** PALESTRA MARCONI/FROSINI
(EX RONCALLI)
Via delle Pentole
• **W28** - MOVE PLAY GROOVE
- 27** BOSCO BADEN POWELL
Via dei Gonfiantini
• **W32** - ORIENTEERING
- 28** CAMPO BOARIO
Via Calamandrei, 3
• **W38** - RUGBY
• **W18** - FIELD HOCKEY

WORKSHOPS

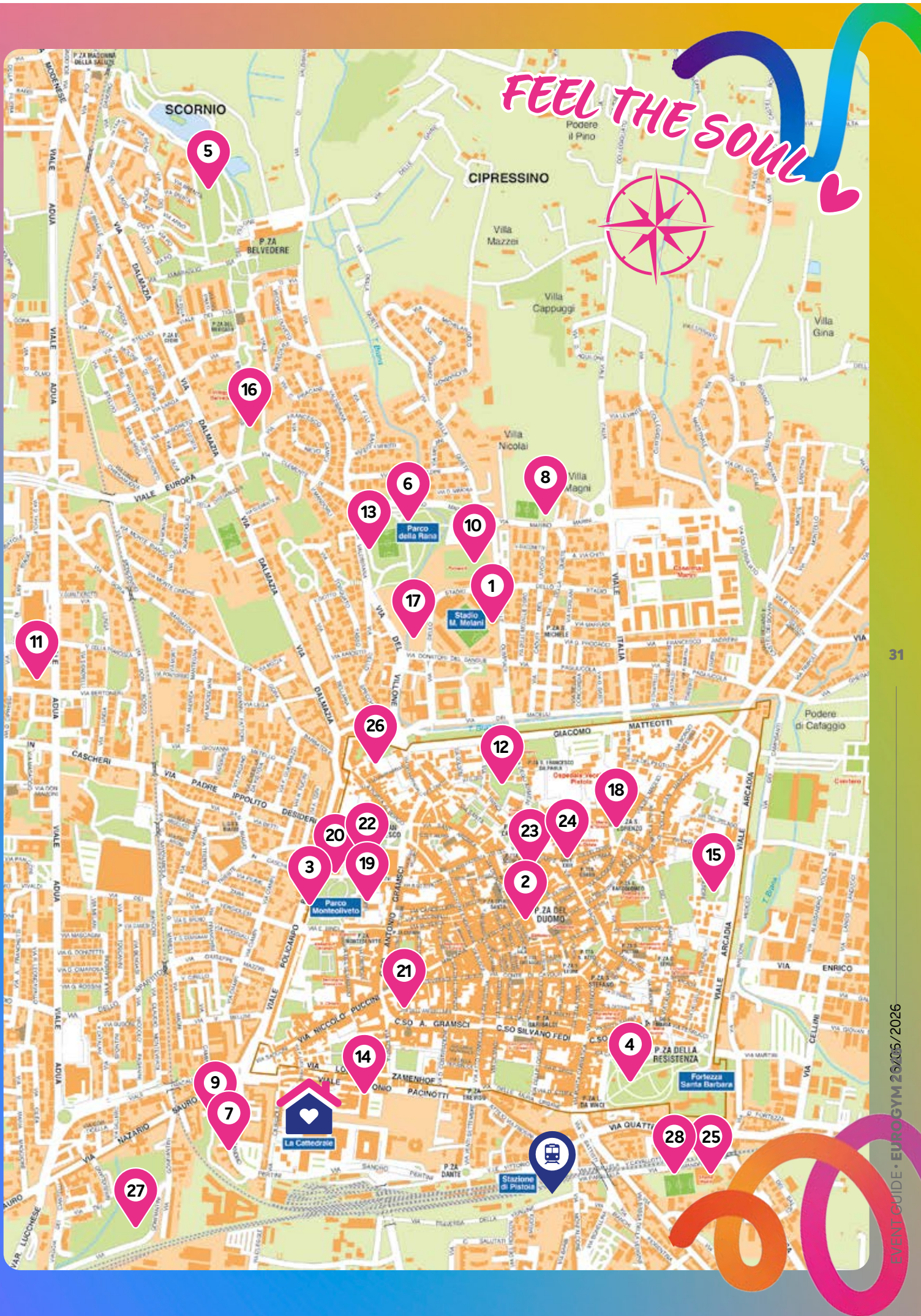
3



EUROGYM2026

EUROGYM2026.COM

EUROGYM2026



CITY PERFORMANCES

FOUR DIFFERENT STAGES

The city performances will take place at four different stages in the main venues of Pistoia's city centre, and give the groups the opportunity to show what they have prepared at home.

Each group will present their performance twice during the week.

A group has to consist of minimum 6 gymnasts, and each performance can last a maximum of 5 minutes, excluding preparation of the venue and entry and exit are not included.

Participants can visit the stages in the morning, but there will be no opportunity for rehearsals on stages before the city performances.

Performances start at 5.00 PM on every stage. Each group will get their time for both warm-up and performance, and it's very important that all groups respect these times to make sure that we can keep the schedule throughout the day. All groups must meet 30 minutes before their performance.

We will facilitate an area for warm-up and storage of clothes. Please note that we cannot be responsible for valuables.

All groups have a personal schedule for the event.

Download the EUROGYM APP for the schedule.

www.appeurogym2026.com

The link will also be available as a QR-code on the accreditation card.



5.00 – 8.30 PM



13-14-15 JULY



STAGE 1 - PIAZZA DUOMO



The heart of the city.
This beautiful stage is
without roller mats.



PIAZZA DUOMO

STAGE 2 - PARCO DELLA RESISTENZA



Roller mat floor will be fixed at 14x14m (7 roller
mats in colour red). Please note that it will
not be possible to change the direction of the
roller mats, they will be placed vertically.



PIAZZA DELLA RESISTENZA

STAGE 3 - PARCO MONTEULIVETO



Roller mat floor will be fixed at 14x14m (7 roller
mats in colour red). Please note that it will
not be possible to change the direction of the
roller mats, they will be placed vertically.



VIA P. ANTONINI

STAGE 4 - STADIO MARCELLO MELANI

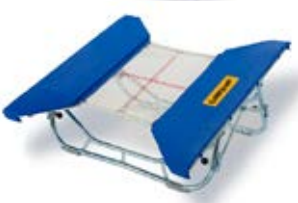


Apparatus and roller mat floor that will be
fixed at 14x20m (10 roller mats in colour red).
Please note that it will not be possible to
change the direction of the roller mats, they
will be placed vertically.



VIA DELLO STADIO 6/A

APPARATUS

APPARATUS	SIZE	QUANTITY	PICTURES
Performance area with 7 rollable mats (red) placed the same way as in the photo <i>Due to the tight schedule it will not possible to change this position</i>	14 x 14 m (7 mats)	2	 FRONT
Performance area with 10 rollable mats (red) placed the same way as in the photo <i>Due to the tight schedule it will not possible to change this position</i>	14 x 20 m (10 mats)	1	 FRONT
Trampette	114 x 114 cm Front Height 31/34 cm Rear Height 36.5/55 cm	2	
Trampette Open End	60x70 cm height adjustable	4	
Trapezium Foam	100 x 40 cm 100 x 80 cm	1	
Trapezium wood	140 x 75 cm h 111 cm	2	
Springboard	60 x 120 cm h 22 cm	1	
Parallel bars	Certified by the WORLD GYMNASTICS	1	

Airtrack	15 x 2,8 m (30 cm thick)	1	
Airtrack	15 x 2 m (20 cm thick)	1	
Airtrack	12 x 2 m (20 cm thick)	1	
Airtrack	12 x 1,5 m (8 cm thick)	1	
Safety mats	3 x 2 m (20 cm thick)	4	
Safety mats	3 x 2 m (10 cm thick)	4	
Safety mats	2 x 2 m (10 cm thick)	4	
Landing mats	4 x 2 m (20 cm thick)	8	
School mats	2 x 1 m	9	



PIAZZA GIOVANNI XXIII



14TH JULY



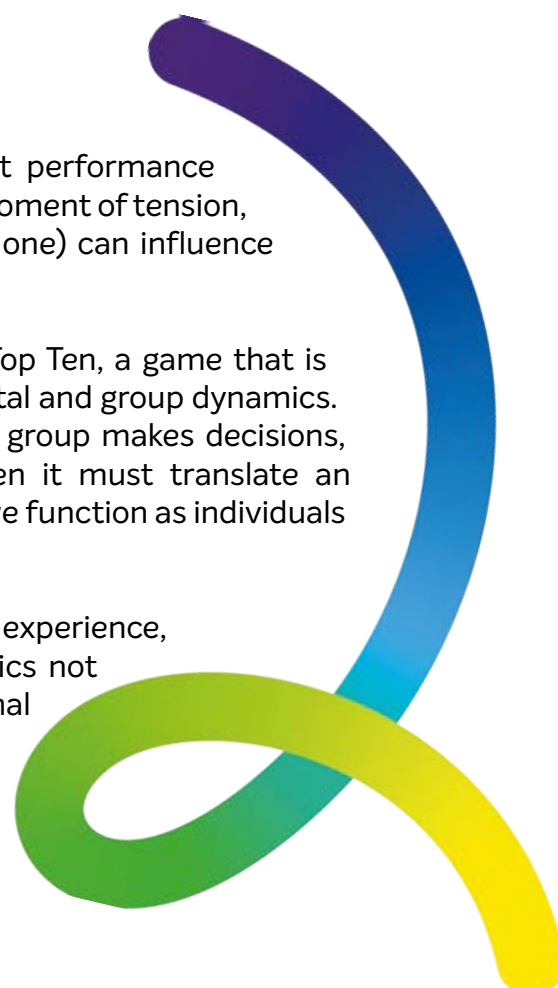
8.30-10:30 PM

FROM SHAPE TO MEANING: THE BODY AS A TOOL FOR EMOTIONAL AND RELATIONAL COMMUNICATION

In gymnastics, what we see is the body. Yet we know that performance depends above all on the mind. A thought, an expectation, a moment of tension, a glance, a word spoken at the right moment (or the wrong one) can influence mental well-being and affect performance.

This Educational Forum is inspired by a board game called Top Ten, a game that is simple in form but capable of highlighting very concrete mental and group dynamics. It will be a hands-on experience designed to observe how a group makes decisions, communicates, interprets, organizes itself, and reacts when it must translate an instruction into a shared action. Every choice will reveal how we function as individuals and as a group.

Therefore, the Educational Forum will be a space dedicated to experience, discussion, and reflection, an opportunity to view gymnastics not only as a technical discipline, but also as a mental and relational context. Because every movement arises within a certain atmosphere, and it is often that very atmosphere that determines how much an athlete is truly able to express.



HOSTS OF THE FORUM

ANDREA DE GIORGIO

Andrea holds degrees in both Sports Science and Clinical Psychology, and has specialised in Sport Psychology. After completing his PhD, he obtained further qualifications as a mindfulness instructor, hypnotherapist, and non-verbal behaviour analyst. He works with athletes across various individual and team disciplines and is representative of the "Pit Sport!" project for the Italian Gymnastics Federation. He is an associate professor of Sports Psychology and Mental Management for Athletes, conducting training and team-building workshops for leading companies in their respective industries, as well as for sports clubs across various disciplines.

SONIA ANGILLETTA

Sonia is a Clinical and sports psychologist, relational psychomotor therapist, hypnotherapist specialising in traditional and rapid hypnotic induction techniques, trainer and university lecturer in the Psychopedagogy of Play and Child Neuropsychiatry. She is also a coach and competition director for the Italian Gymnastics Federation and GPT, as well as a representative of the "Pit Sport!" project for the Italian Gymnastics Federation.

EUROGYM GALA & CLOSING CEREMONY



PIAZZA DUOMO



16TH JULY



6.00-7:30 PM

THE EUROGYM GALA

The performance area will be 16x16 m and the roller mats will be 14 m x 14 m in red color.

There will be a changing room behind the stage in the Court of Palazzo Comunale – Corte della Magnolia.



REHEARSAL

On Thursday 16th July 2.00 – 4.00 pm

GROUPS THAT WILL PERFORM AT THE GALA

COUNTRY	GROUP NAME
AZERBAIJAN	FLAME
BELGIUM	RCG LES SPIROUS D'ANTHEIT
CZECH REPUBLIC	HODKOSTARS
GERMANY	AKROLAVIDA
ITALY	ASD CALYPSO
ITALY	SANTA MARIA DI LESTIZZA
NORWAY	IDRETTSFORENINGEN PORS
PORTUGAL	ASSOCIAÇÃO ACADÉMICA DE COIMBRA – ARAMISTA
SWITZERLAND	GYM CHÉZARD-ST-MARTIN

WILD CARD

During the event, the GfA Technical Committee will choose other 3 or 4 groups to take part in the Gala.

CLOSING CEREMONY

On July 16th, after the Gala Show, the show goes on with the Closing Ceremony.

HOW TO ATTEND TO EUROGYM 2026

TICKETS

The events are open to everyone: families, citizens and sports enthusiasts.

To ensure the best possible experience for everyone, ticket availability is limited.

Take a look at the program, choose your favorite show (Opening Ceremony, Gala Show and Closing Ceremony) and reserve your seat: we are waiting for you!

Most importantly, come ready to have fun and support the performers: cheer, applaud, and go wild encouraging them!

38

<https://www.eurogym2026.com/tickets/>

LIVE STREAMING

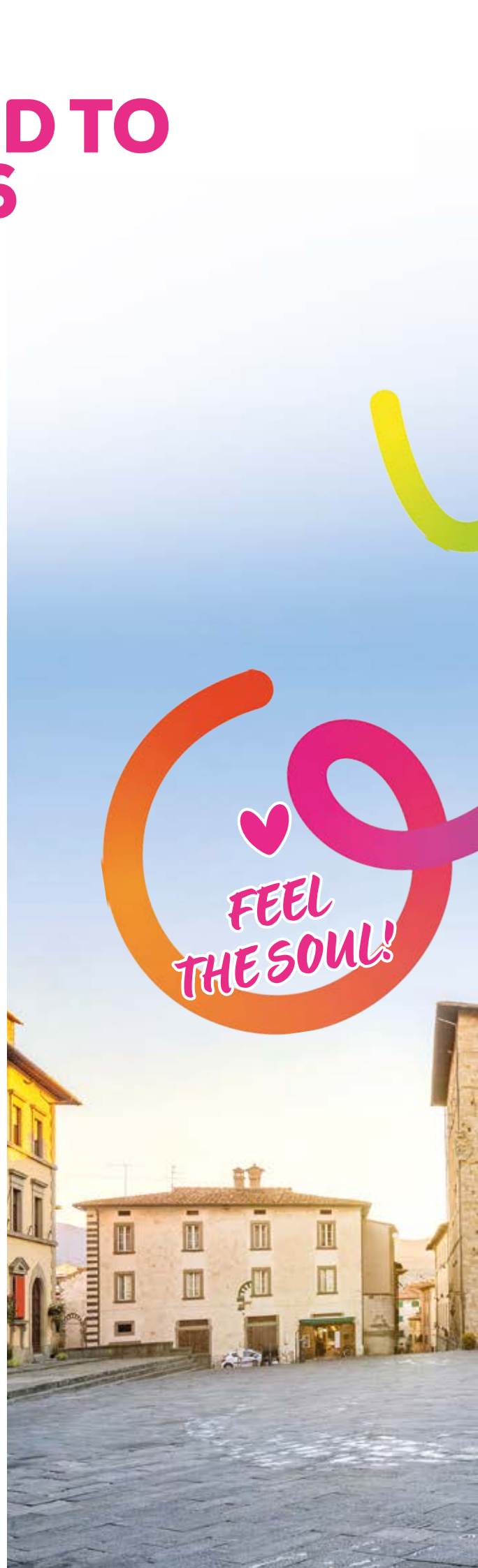
Follow all the excitement of European Gym for Life Challenge & EUROGYM 2026 live and experience the performances, ceremonies and celebrations from Pistoia!

12th July
EUROGYM 2026 Opening Ceremony
7.00 – 8.30 PM

16th July
EUROGYM 2026 Gala & Closing Ceremony
6.00 – 7.30 PM

This is a paid service; please visit this link:

<https://www.eurogym2026.com/streaming/>



EUROGYM2026

EUROPEAN GYM FOR
LIFE CHALLENGE

PISTOIA

ITALY JULY 8-17



39

EVENT GUIDE • EUROGYM2026

EUROGYM2026.COM



EUROGYM2026



SCHOOL ACCOMMODATION

Participants will be accommodated in schools located close to the city centre. While Pistoia is a safe and welcoming city, all accommodation sites will be supervised 24 hours a day to ensure the safety and well-being of all participants. School facilities will also be cleaned daily.

Each Head of Delegation is responsible for ensuring that their group respects the accommodation facilities and complies with the school regulations. All HoDs and Group Leaders will be required to acknowledge and sign the school rules upon arrival.

Upon check-in, each Group Leader must register their group at the school reception point and provide up-to-date contact details. Group Leaders are expected to remain available throughout the event and to cooperate closely with the HoD and the accommodation staff whenever required.

We kindly ask all participants to respect the school facilities, local regulations and fellow guests, helping to create a safe, enjoyable and welcoming environment for everyone.



PUBLIC TRASPORT

Pistoia is a small city with a big personality! We have chosen to accommodate you in schools located close to the city performances and main points of interest.

Everything is within easy walking distance.

You can find the local public transport app at this link: <https://www.at-bus.it/it/app>

You can find key information regarding each school at this link.

www.eurogym2026/bus-plan



EUROGYM2026
EUROPEAN GYM FOR
LIFE CHALLENGE
PISTOIA
ITALY JULY 8-17

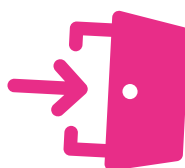


RULES AT THE SCHOOLS

To ensure a great experience for all, we've prepared some guidelines for your stay at the schools to keep everything safe, smooth, and comfortable.
Thanks for your cooperation.



TEAM LEADERS PLEASE
CHECK YOUR SCHOOL'S
FIRE SAFETY INSTRUCTIONS



USE ONLY THE
MAIN DOOR



NO SHOES INSIDE!
TAKE THEM OFF AND
CARRY THEM TO CLASS



BE INSIDE BY 11.00 PM
QUIET HOURS
11.30 PM - 7.00 AM



ALCOHOL & DRUGS
NOT ALLOWED



EAT ONLY IN
THE DINING HALL
NO FOOD OUTSIDE



LIFT TABLES AND
CHAIRS, DON'T
DRAG THEM!



LEAVE CLASSROOM
TIDY FOR THE NEXT
GROUP



PUT GARBAGE AT
THE ENTRANCE FOR
VOLUNTEERS TO HANDLE

IF YOU HAVE ANY QUESTIONS, ASK THE SCHOOL'S SECURITY STAFF.
THEY'LL BE READY TO HELP YOU WITH ANYTHING YOU NEED!

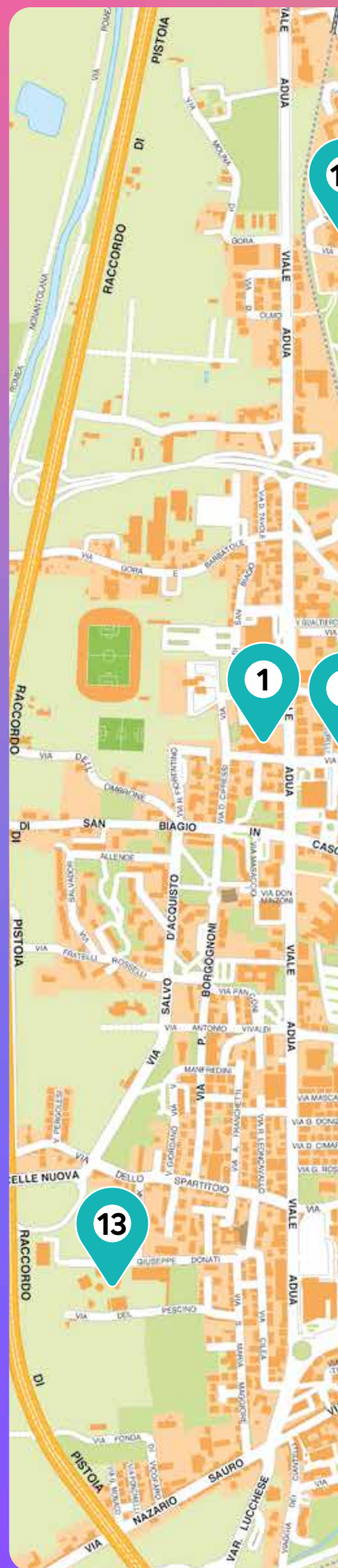
EUROGYM2026.COM ♥ EUROGYM2026

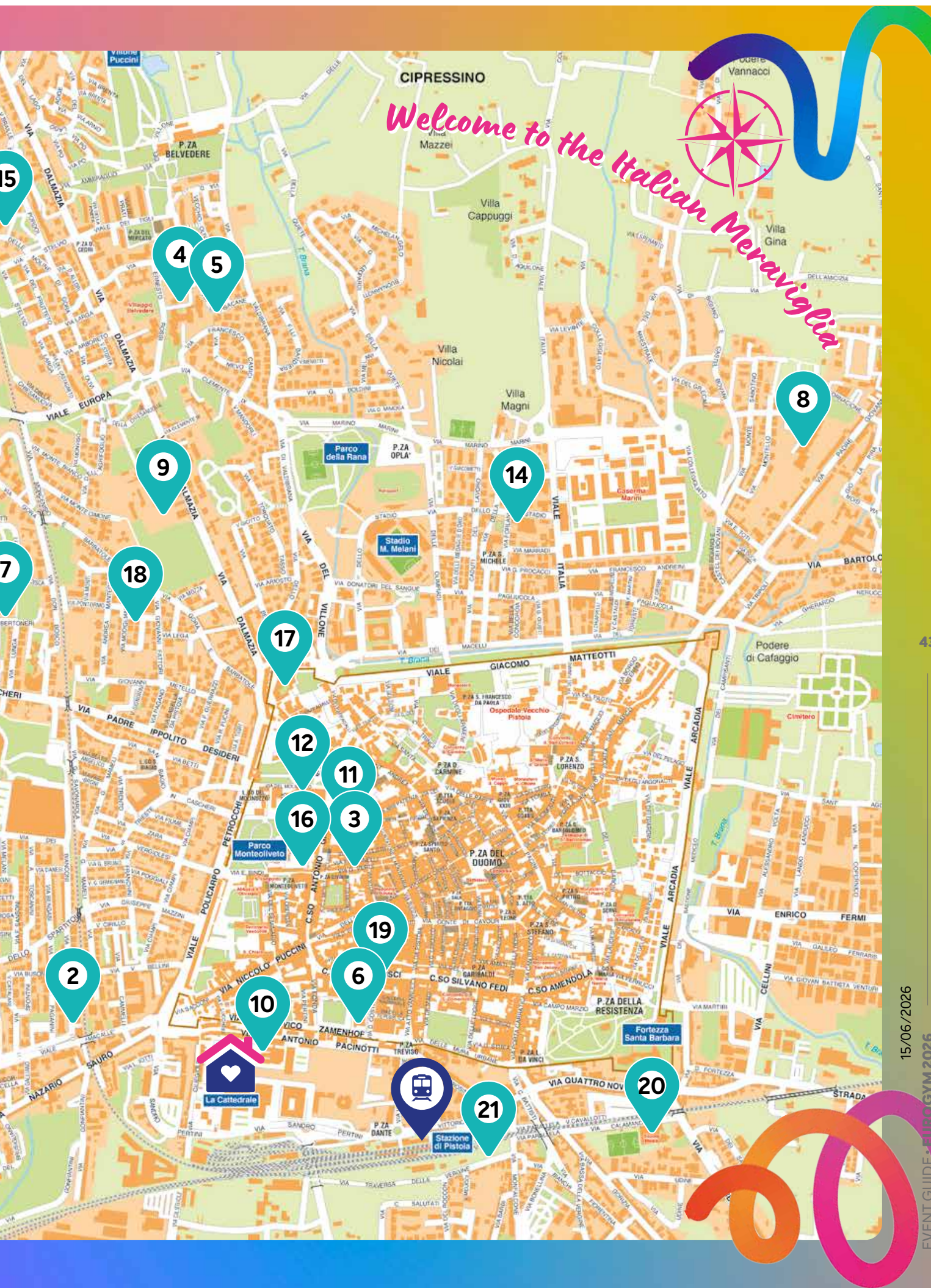



HEAD QUARTER
EXHIBITION CENTER LA CATTEDRALE

SCHOOLS ACCOMMODATIONS

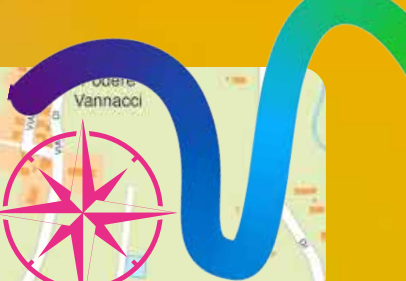
- 01** Istituto **Amedeo Di Savoia Duca D'Aosta**
Viale Adua, 187 - 51100 Pistoia
- 02** Primaria **Carradori**
Via T. Mabellini, 11 - 51100 Pistoia
- 03** Infanzia **Civinini/Arrighi**
Via dei Cancellieri, 24 - 51100 Pistoia
- 04** Secondaria **Cino Da Pistoia Nuova**
Via E. Rossi, 13 - 51100 Pistoia
- 05** Secondaria **Cino Da Pistoia** e Primaria **Galilei**
Via E. Rossi, 13 - 51100 Pistoia
- 06** Primaria **Collodi**
Via L. L. Zamenhof/ Via della Costituzione, 18 - 51100 Pistoia
- 07** Primaria **Croce Di Gora**
Via O. Bertoneri, 9 - 51100 Pistoia
- 08** Secondaria e Primaria **Da Vinci**
Via del Fornacione, 1 - 51100 Pistoia
- 09** Istituto **De Franceschi**
Via Dalmazia, 221 - 51100 Pistoia
- 10** Istituto **Einaudi**
Viale A. Pacinotti, 11 - 51100 Pistoia
- 11** Istituto **Forteguerra**
Corso A. Gramsci, 148 - 51100 Pistoia
- 12** Istituto **Forteguerra (succursale)**
P.zza S. Francesco d'Assisi (lato Chiesa di S. Francesco) - 51100 Pistoia
- 13** Secondaria **Frank/Carradori**
Via G. Donati, 19 - 51100 Pistoia
- 14** Primaria e Infanzia **Fucini**
Via C. Forlanini, 8 - 51100 Pistoia
- 15** Primaria **Galilei Scornio**
Via Monte Rosa, 1 (Loc. Scornio) - 51100 Pistoia
- 16** Infanzia **La Girandola**
Via E. Bindi (fronte Chiesa di San Benedetto) - 51100 Pistoia
- 17** Secondaria e Primaria **Marconi/Frosini (ex Roncalli)**
Via delle Pentole, 13 - 51100 Pistoia
- 18** Primaria **Michelucci**
Via A. Modigliani, 1 - 51100 Pistoia
- 19** Istituto **Pacini**
Corso A. Gramsci, 43 - 51100 Pistoia
- 20** Secondaria **Raffaello**
Via P. Calamandrei, 3 - 51100 Pistoia
- 21** Primaria **Roccon Rosso**
Via del Roccon Rosso, 40 - 51100 Pistoia





CIPRESSINO

Welcome to the Italian Meraviglia



CATERING: A TASTE OF ITALY

FRESH INGREDIENTS, AUTHENTIC ITALIAN RECIPES AND BALANCED MEALS PREPARED EVERY DAY TO KEEP YOU ENERGISED THROUGHOUT YOUR EUROGYM EXPERIENCE

Enjoy the authentic flavours of Italy throughout EUROGYM 2026. Participants will savour a varied menu inspired by Italian cuisine, with pasta, fresh vegetables, local specialties, fruit and tasty desserts. Every meal is designed to provide the energy needed for a week full of workshops, performances and unforgettable experiences.

BREAKFAST AT SCHOOL

Breakfast will be served at the accommodation schools (7.00–9.00 am), while lunch and dinner will be provided at the Exhibition Centre La Cattedrale.

To ensure a smooth catering service, each group will be assigned specific meal times for lunch and dinner each day. These times will be available in your personal group schedule on www.appeurogym2026.com

Participants who have requested special dietary options, including vegetarian, vegan or allergy-friendly meals, will have access to a dedicated serving line.

We kindly ask all groups to respect their assigned meal times in order to ensure an efficient and enjoyable dining experience for everyone.

LUNCH & DINNER



The meal will consist of:

- One main dish
- Self-service salad
- Bread
- Oil, salt and balsamic vinegar
- Seasonal fruit



FROM 12:00 AM, in 5 multiple shifts of 30 minutes

FROM 6.00 PM, in 5 multiple shifts of 30 minutes



EXHIBITION CENTRE
LA CATTEDRALE

SUNDAY JULY 12TH

LUNCH

SEDANINI WITH
BOLOGNESE
MEATSAUCE

CHEF SALAD

FRESH SEASONAL
FRUIT

DINNER

LUNCH
BOX



MONDAY JULY 13TH

LUNCH

RAVIOLI WITH TOMATO
SAUCE

CHEF SALAD

FRESH SEASONAL
FRUIT

DINNER

GRANDMA'S
MEATBALLS IN TOMATO
SAUCE

CHEF SALAD

FRESH SEASONAL
FRUIT



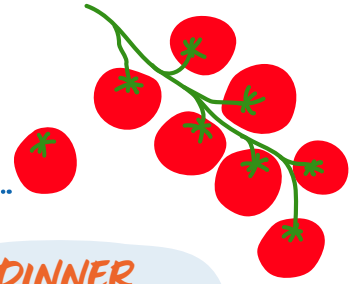
TUESDAY JULY 14TH

LUNCH

FLORENTINE
CRÊPES
CHEF SALAD
FRESH SEASONAL
FRUIT

DINNER

CRISPY CHICKEN
NUGGETS
CHEF SALAD
FRESH SEASONAL
FRUIT



WEDNESDAY JULY 15TH

LUNCH

CASERECE PASTA SALAD
WITH PESTO, POTATOES &
GREEN BEANS
CHEF SALAD
FRESH SEASONAL
FRUIT

DINNER

TURKEY PIZZAIOLA
STYLE
CHEF SALAD
FRESH SEASONAL
FRUIT

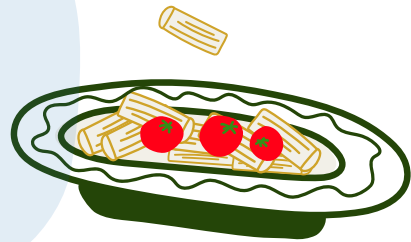
THURSDAY JULY 16TH

LUNCH

PENNE CAPRESE
STYLE
CHEF SALAD
FRESH SEASONAL
FRUIT

DINNER

LUNCH
BOX



THURSDAY JULY 17TH

LUNCH

SUMMER SPELT
SALAD
CHEF SALAD
HOMEMADE
DESSERT

DINNER

TUNA & FRESH
TOMATOES
CHEF SALAD
FRESH SEASONAL
FRUIT



NOTE:

"WHITE MEALS" (PLAIN/SIMPLE MEALS)
WILL BE GUARANTEED, AS WELL AS ANY
PERSONALIZED SPECIAL DIETS ACCORDING
TO YOUR REGISTRATION DATA



**Welcome to Pistoia.
Welcome to Conad.**

***Benvenuti a Pistoia.
Benvenuti da Conad.***

Conad, one of the major players in Italy's large-scale retail sector in Italy, is chosen every day by millions of families for its quality, value, and a unique way of doing business that has always put people and local communities at its heart. In Pistoia, home to the headquarters of Conad Nord Ovest, this bond is deep and alive. We are proud to be woven into the life of this city, and proud to stand behind EUROGYM, an event that leads to Pistoia with energy, color and the best of European sport. **Step into our stores and discover the authentic flavors of Tuscany, along with many solutions designed for a healthy lifestyle, like our Piacersi product line.**

*Conad, uno dei maggiori protagonisti della grande distribuzione in Italia, è scelto, ogni giorno da milioni di famiglie per la qualità, la convenienza e per un modo di fare impresa che ha sempre messo le persone e le comunità locali al centro. A Pistoia, dove ha sede Conad Nord Ovest, questo legame è profondo e vivo. Siamo orgogliosi di far parte dell'anima di questa città e di sostenere EUROGYM, un evento che porta a Pistoia energia, colori ed il meglio dello sport europeo. **Entrate nei nostri punti vendita e scoprite i sapori autentici della Toscana, insieme a tante soluzioni pensate per uno stile di vita sano, come la nostra linea Piacersi.***

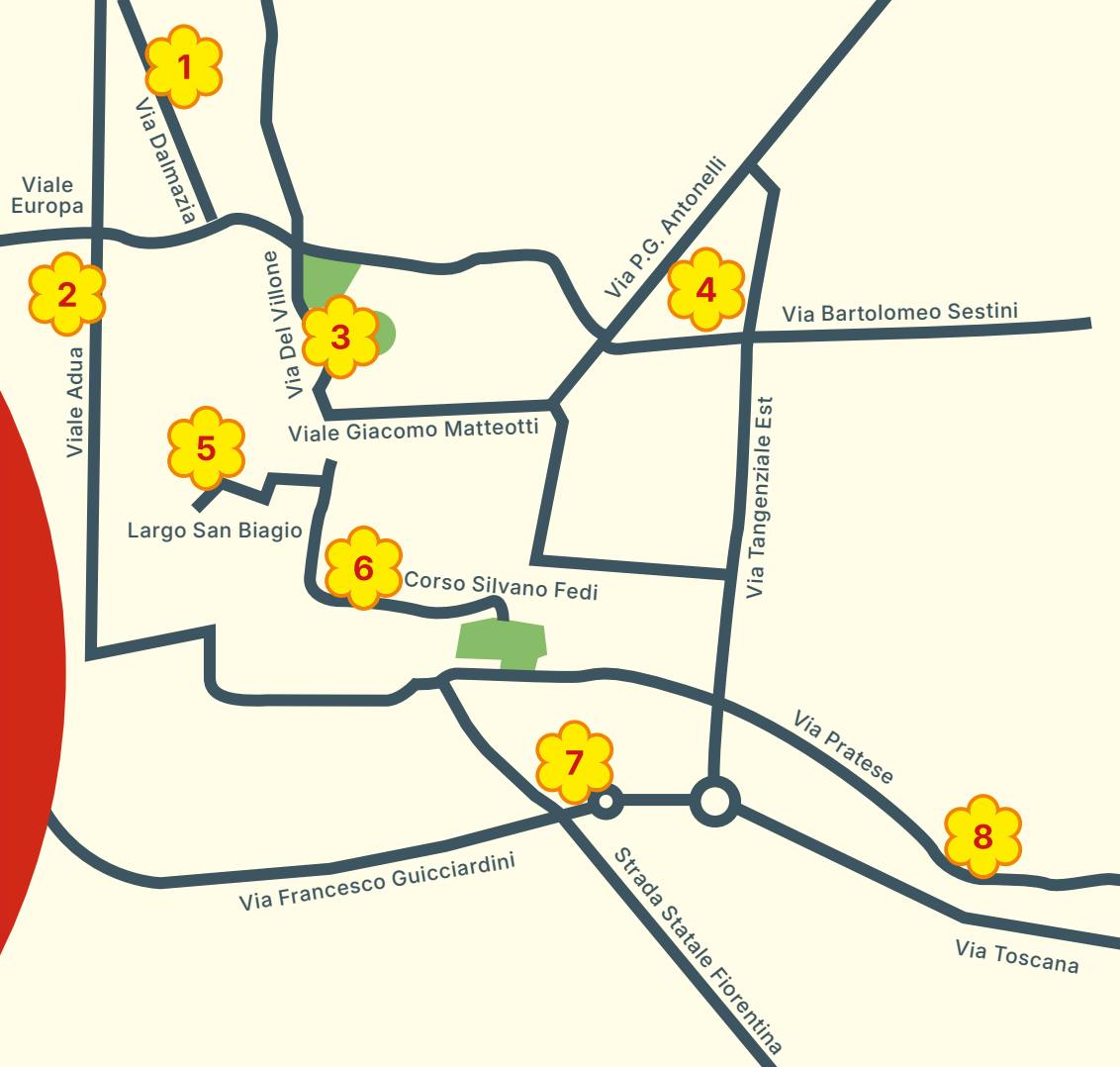


CONAD

Persone oltre le cose

Gold Partner

EUROGYM20
EUROPEAN GYM FOR
LIFE CHALLENGE **26** **PISTOIA** ITALY



Come visit us and feel at home.
Venite a trovarci e sentitevi a casa.

**Find your
Conad in Pistoia**
*Trova il tuo
Conad a Pistoia*

1. CONAD CITY

Via del Lago, 41

2. CONAD SUPERSTORE

Viale Adua, 223

3. CONAD CITY

Via dello Stadio, 4

4. CONAD CITY

Via Capitini, 5

5. CONAD CITY

Via Largo San Biagio, 125

6. TUDAY CONAD

Corso Gramsci, 17

7. CONAD

Via Fiorentina, 85

8. CONAD CITY

Via Oleandri, 6 - Loc. Nespolo

 **CONAD**
Persone oltre le cose

FUNZONE BY YOUNG LEADERS OF EUROGYM 2026



EUROGYM2026
EUROPEAN GYM FOR
LIFE CHALLENGE
PISTOIA
ITALY JULY 8-17



NATIONS PARTY

EUROGYM PISTOIA 2026



STADIO



12TH JULY



8.30-10.30 PM

CELEBRATE THE DIVERSITY OF EUROPE WITH AN EVENING OF
MUSIC, A LIVELY DJ SET AND UNFORGETTABLE FUN!

WEAR YOUR TRADITIONAL CLOTHING OR BRING A SMALL FLAG
FROM YOUR COUNTRY TO PROUDLY REPRESENT YOUR NATION.

DANCE TOGETHER, SHARE YOUR CULTURE, MAKE NEW FRIENDS
AND ENJOY A NIGHT FILLED WITH INTERNATIONAL SPIRIT AND
CELEBRATION.





PIAZZA DUOMO



14TH JULY



8.30-10.30 PM

**EXPERIENCE THE MAGIC OF AN AUTHENTIC ITALIAN CARNIVAL WITH
A DJ SET, MUSIC, DANCING AND PLENTY OF ENTERTAINMENT.**

**MEET THE WORLD-FAMOUS GIANT MASKS OF THE VIAREGGIO
CARNIVAL, WEAR A CARDBOARD MASK OR FACE PAINT, AND
BECOME PART OF THE CELEBRATION.**

**DANCE, MAKE NEW FRIENDS AND ENJOY ONE OF THE MOST
EXCITING NIGHTS OF EUROGYM 2026!**

49

NEON PARTY

EUROGYM PISTOIA 2026



**PARCO
MONTEULIVETO**



16TH JULY



8.30-10.30 PM

**GET READY FOR THE ULTIMATE EUROGYM CELEBRATION!
ENJOY AN EXCITING DJ SET, MUSIC, DANCING AND SPECTACULAR
LIGHT EFFECTS.**

**WEAR FLUORESCENT CLOTHING AND ADD SOME NEON FACE PAINT
TO GLOW ALL NIGHT LONG.**

**LET'S LIGHT UP THE DANCE FLOOR TOGETHER AND MAKE THE FINAL
PARTY AN UNFORGETTABLE EXPERIENCE!**

EXCURSIONS

EUROPEAN GYM FOR LIFE CHALLENGE & EUROGYM 2026
OFFICIAL EXCURSIONS ARE NOW ONLINE!
WE ARE PLEASED TO ANNOUNCE THAT THE EXCURSIONS
ARE NOW AVAILABLE FOR BOOKING.



IN THE HEART OF FLORENCE: ART, HISTORY AND WONDER GUIDED WALKING TOUR

This walking tour explores Florence's historic center, guiding visitors through iconic Renaissance sites, lively squares, and cultural landmarks, offering an immersive experience into the city's rich history and traditions.



CINQUE TERRE: A JOURNEY THROUGH ITALY'S MOST ENCHANTING COASTAL VILLAGES

Cinque Terre offers an immersive exploration of Italy's picturesque coastal villages, renowned for their scenic beauty and authentic charm.



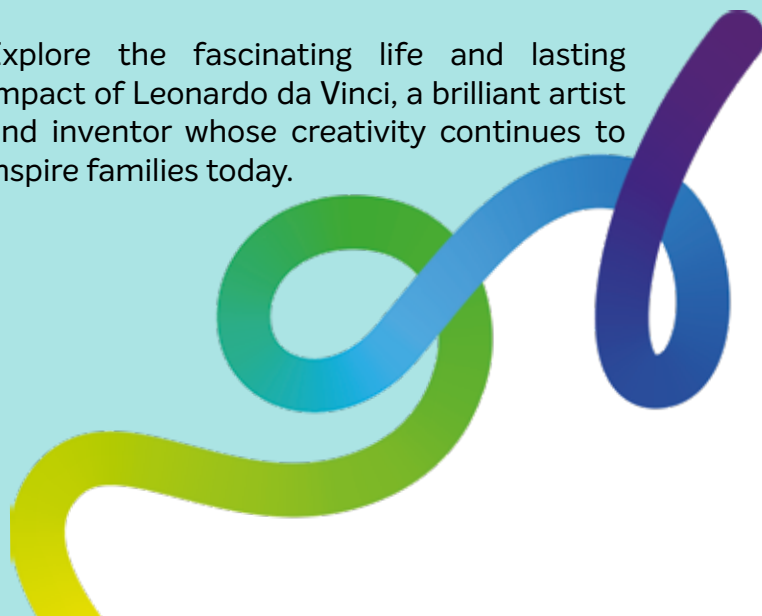
POSTCARD FROM TUSCANY: SIENA AND SAN GIMIGNANO

Experience the charm of Tuscany with a postcard featuring the historic cities of Siena and San Gimignano, renowned for their medieval architecture and picturesque landscapes.



DISCOVERING THE ORIGINS AND LEGACY OF LEONARDO DA VINCI

Explore the fascinating life and lasting impact of Leonardo da Vinci, a brilliant artist and inventor whose creativity continues to inspire families today.





PISA – THE MAGIC OF THE LEANING TOWER AND PIAZZA DEI MIRACOLI

Discover Pisa's iconic Leaning Tower and the historic Piazza dei Miracoli, renowned for their architectural beauty and cultural significance.



PISA AND LUCCA: TWO TUSCAN GEMS TO DISCOVER

Pisa and Lucca are two remarkable Tuscan cities, each offering unique historical and cultural attractions for travelers to explore.



ACQUA VILLAGE WATER PARK CECINA: THE ISLAND OF FUN IN THE HEART OF THE ETRUSCAN COAST

Acqua Village in Cecina is a Hawaiian-themed water park on the Etruscan Coast, offering a range of adrenaline-filled slides, relaxing lagoons, and family-friendly attractions in a unique tropical setting for all ages.



VIAREGGIO CARNIVAL CITADEL: IN THE HEART OF CARNIVAL MAGIC

This excursion offers an immersive tour of the Viareggio Carnival Citadel, including the Carnival Museum, and a seafront promenade, showcasing the artistry and tradition behind one of Europe's most iconic cultural events.



PINOCCHIO MONUMENTAL PARK, VILLA GARZONI HISTORIC GARDEN & BUTTERFLY HOUSE

Experience a day in Collodi, Tuscany, featuring Pinocchio Park, the historic Villa Garzoni gardens, and the Butterfly House – a unique journey through fairy tales, art, and nature suitable for visitors of all ages.



A DAY AT THE BEACH IN VIAREGGIO

Enjoy a relaxing day on the Versilia coast in Viareggio, featuring golden beaches, crystal-clear waters, elegant boutiques, and Liberty-style architecture – ideal for families, couples, and friends seeking comfort and leisure by the sea.



AN AFTERNOON AT THE PISTOIA ZOOLOGICAL GARDEN

Pistoia Zoological Garden offers a half-day excursion in Tuscany, featuring over 400 animals in natural habitats, educational activities, and informative panels to promote biodiversity conservation.



PISTOIA: DISCOVERING THE FANTASTIC CREATURES HIDDEN IN THE CITY'S ARCHITECTURE

This guided tour offers a unique exploration of Pistoia, inviting participants to discover hidden creatures and artistic details in the city's architecture, turning a walk through historic sites.



MAGICAL AND CURIOUS PISTOIA

This engaging itinerary in Pistoia's historic center invites young visitors to explore the city's hidden legends, symbols, and stories, offering an original and interactive introduction to its rich historical and artistic heritage.



THE HISTORIC HEART OF PISTOIA: PIAZZA DEL DUOMO & TRADITIONAL PIPPI TASTING

Experience Piazza del Duomo in Pistoia, a well-preserved medieval square featuring historic monuments, architectural landmarks, and a tasting of traditional Pippi pastry that highlights the city's rich cultural.



PISTOIA: ST. ANDREW'S CHURCH, THE CEPPO HOSPITAL & TRADITIONAL CONFETTI TASTING

This guided tour of Pistoia highlights key landmarks such as St. Andrew's Church and the Ancient Ceppo Hospital, blending art, history, and local legends, and concludes with a tasting of traditional Confetti sweets.



PISTOIA: THE BASILICA OF THE MADONNA DELL'UMILTÀ, SAN GIOVANNI FUORCIVITAS & GELATO

This guided tour explores two of Pistoia's renowned churches, showcasing Renaissance and Romanesque art and architecture, and concludes with a tasting of authentic artisan gelato.

EXCURSIONS

EUROGYM 2026 DEDICATED EXCURSIONS

Exclusive programs specially designed for EGFLC & EUROGYM participants.

Guaranteed departures once the minimum number of participants required for each excursion is reached (starting from 10 participants, depending on the tour).

Shared experiences with fellow EGFLC & EUROGYM participants.

Booking deadline: 7 days before the excursion date.

Relax and book with confidence! If the minimum number of participants is not reached, an alternative date or excursion or a full refund will be offered

SHARED SCHEDULED EXCURSIONS

A wide range of excursions available throughout the event period.

Guaranteed departures with a minimum of 2 participants – Limited seats available.

Booking deadline: 24/48 hours before departure (depending on the excursion).

10% discount using the promo code: EUROGYM26.

Explore all available excursions and book your experience today!

Make the most of EUROGYM 2026 and discover the beauty of Tuscany!

BOOK AT

WWW.EUROGYM2026/EXCURSIONS



SOCIAL COMMUNITY

FOLLOW US

Follow us to our official social account!

EUROGYM2026   

Many of you already follow us, but we want to grow our community even further.

Every day, we will share the best moments of the day with you!



54

DID YOU STUDY FLASHMOB PISTOIA 2026?

“Alla Salute” is an energetic and uplifting song by Italian artist Jovanotti and its title translates to “To Your Health”, a common toast in Italian culture. But the song goes beyond a simple cheer.

If you haven't learned the flash mob for this edition yet... FOLLOW THE TUTORIAL AND LEARN THE STEPS!

www.eurogym2026.com/flash-mob



OFFICIAL MERCHANDISE

Wear the spirit.

Live the memories.

Official EGFLC&EUROGYM 2026
Merchandise!





Discover Tuscany with us!

EUROGYM Dedicated Excursions

- ★ Exclusive EUROGYM experiences
- 👥 Guaranteed departures from 10 participants (depending on the tour)
- 📅 Booking deadline: 7 days before departure

BOOK ONLINE NOW!



Shared Excursions

- 👥 Guaranteed departures from 2 participants
Limited Seats Available
- 🕒 Booking deadline: 24/48 hours before departure
- 🎁 10% discount with promo code: EUROGYM26

BOOK ONLINE NOW!



*YOUR EUROGYM ADVENTURE
start here!*



Corso Roma 52/54 - Montecatini Terme
Phone +39 0572 906015 - booking@ranieritouroperator.com



SWEET BREAK FOR YOUR GROUP

Come visit us and treat yourself to the Italian taste!

10 % DISCOUNT

For all groups of 10 or more people.
Order together, pay less. No other requirements.

EUROGYM20
EUROPEAN GYM FOR
LIFE CHALLENGE **26**
PISTOIA ITALY 8-17th

How does it work?

1

Scan the QR
with your group

2

Show the promo
at the counter

3

Order together
and save



Viale Antonio Pacinotti, 83 - Pistoia



La Giostra dell'Orso



The Giostra dell'Orso is a modern re-enactment of the ancient Palio dei Berberi, which has been held in the city of Pistoia since the 13th century every July 25th, the day dedicated to the city's patron saint, Saint James (San Jacopo).

The Giostra dell'Orso is an equestrian competition contested by twelve knights, three for each of the city's four districts, who challenge each other in pairs for the conquest of the palio or banner.

The competition consists of eighteen rounds, drawn and established on the morning of July 25th, during which the riders must strike down a bear-shaped target using a spear.

The scoring system works as follows: three points are awarded to the rider who finishes first and strikes the bear, one point to the rider who finishes second and strikes the bear, and zero points to riders who fail to hit the target. The scores obtained by the knights in the various rounds are added together according to their district, and the district with the highest total score wins the joust and receives the palio. In the event of a tie, additional playoff rounds are held.

In addition to contributing to their district's victory, the targets struck by individual knights count toward winning the coveted Golden Spur prize, awarded to the knight who scores the most points at the end of the tournament.

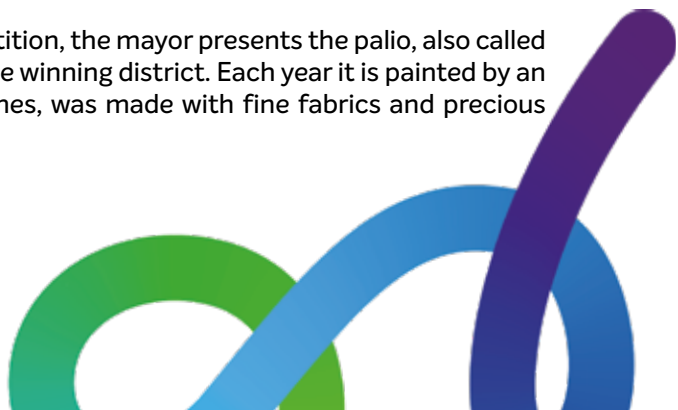
The Giostra dell'Orso takes place in Piazza del Duomo on July 25th in honor of San Jacopo, patron saint of Pistoia. The event takes its name from the bear, also called "micco," which represents the heraldic animal of the Municipality of Pistoia.

Historically, Pistoia is divided into four districts, identified by the city's four gates.

The competing districts, distinguished by their characteristic colors, are:

- Porta al Borgo – Grifone, with white and red colors
- Porta Carratica – Drago, with green and red colors
- Porta San Marco – Leon d'Oro, with yellow and red colors
- Porta Lucchese – Cervo Bianco, with white and green colors

At the end of the competition, the mayor presents the palio, also called the "rag" or banner, to the winning district. Each year it is painted by an artist and, in ancient times, was made with fine fabrics and precious stones.





The Dressing of Saint Jacopo

San Jacopo, the patron saint of Pistoia, became such only after Bishop Atto, who in the 12th century decided to replace him with the previous patron, San Zeno. This choice was not a coincidence, but rather an opportunity to make the city of Pistoia a destination for pilgrimages, thus increasing the bishop's income and power, which was being supplanted by municipal power.

The bishop had a relic of Saint James the Greater brought from Santiago de Compostela, making him the patron saint of the city under the Tuscanized name of San Jacopo.

Popular worship depicts the saint accompanied by the typical pilgrim's attributes: a staff, a pumpkin, a large hat, a saddlebag, and a shell, but he is particularly remembered for his distinctive red cloak.

Pistoian tradition has handed down for generations the story of Jacopo, before entering the religious life, as a shrewd horse broker.

As a young man, Jacopo was very cunning and astute. He promised his creditors he would pay off their debts when the warm weather arrived and he took off his coat—in Pistoia dialect, "a tanto haldò." This is how the seasons passed, and when the summer heat arrived, Jacopo, still wrapped in his red wool overcoat, refused to pay his creditors, saying that the heat was slow in coming.

The cult of covering the statue of the saint with the red cloak has endured since the 14th century, and for many years, a wooden sculpture was placed in front of the church on July



24th for the dressing. Each year, the dressing of San Jacopo, one of the most anticipated events of July in Pistoia, consists of a procession in period costume that parades through the streets of the city center, the blessing of the cloak by the bishop, and finally the handing over of the cloak to the firefighters for the dressing.

Since 2004, a synchronicity has been established between:

- **COMUNE DI PISTOIA**
- **VESCOVADO**
- **VIGILI DEL FUOCO**
- **COMITATO CITTADINO E.T.S.**

For this reason, the Dressing Ceremony, in addition to having its own well-defined protocol, is always held on July 16th and this year too it will be at night.

IL PROGRAMMA

The procession will depart from Piazza San Francesco at 9:30 PM and continue through the streets of the historic center, arriving at the Cathedral in Piazza Duomo.

At approximately 10:15 PM, the Saint's Dressing Ceremony will begin, led by the Pistoia Fire Brigade.



IO SONO UN ARCHITETTO ETTORE SOTTASS



Ettore Sottsass, Esame di architettura degli interni, 1939-1940, CSAC Parma © Errede Ettore Sottsass

Pistoia, Palazzo Buontalenti

March 7 — July 26, 2026
Wednesday – Sunday, 10:00 a.m. to 7:00 p.m.
Reduced admission with Eurogym 2026 pass



Electa FONDAMENTA



Main partner

INTESA SANDHIOL

Media partner

domus

Mobility partner

at

Educational partner

IED

Under the patronage of

pistoiamusei.it

f X @ in y e



THANKS TO

INSTITUTIONAL PARTNER



GOLD PARTNER



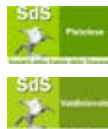
SILVER PARTNER



MEDIA PARTNER



FRIENDS PARTNER



TECHNICAL PARTNER









EUROGYM2026.COM ♥ **EUROGYM2026**   