

HIDETADA YAMAGISHI, IRIS KYLE

# JAPAN CLASSIC

IFBB PROFESSIONAL LEAGUE

# 5 PRO CARDS

Time table : 進行状況により前後する場合がございます

This is subject to change as the contest progresses.

10:30	開場/Open
11:30	開会式/Opening ceremony
11:55	スタート/Start Final決勝 (決勝審査1回のみ)
	Classic Physique Masters Over 40(Not Pro Card)
	Bodybuilding Masters Over 40 (Not Pro Card)
	Bikini Novice (Not Pro Card)
	Bikini Masters Over 40 (Not Pro Card)
	Men's Physique Novice (Not Pro Card)
12:15	小休憩/short break
12:30	Figure Class A (-162.9cm)
	Figure Class B (+163cm)
12:35	Classic Physique Class A (-169.9cm/-74.9kg)
	Classic Physique Class B (170-177.9cm/ -82.9kg)
	Bodybuilding Lightweight (-79.9kg)
	Bodybuilding Heavyweight (+80kg)
13:15	休憩/Break Time
14:45	Bikini Class A (-162.9cm)
	Bikini Class B (-167.9cm)
	Bikini Class C (+168cm)
15:00	Men's Physique Class A (-167.9cm)
	Men's Physique Class B (-172.9cm)
	Men's Physique Class C (-177.9cm)
	Men's Physique Class D (+178cm)
15:30	表彰準備 /Preparation for awards
15:45	IFBB Pro Qualifier Open表彰/Awards ceremony 各カテゴリーー表彰後→オーバーオール審査5カテゴリーー After awarding each category→Overall judging 5 categories
17:00	閉会/Close

会場内同時開催

FITNESS WORLD EXPO  
2021