

2025.8.11 TOKYO PRO SUPER SHOW TIME TABLE

9:00	選手控室オープン／Competitors Waiting Room Open
11:00	開場／Doors Open
11:45	開会式／Opening Ceremony
Prejudging	
12:00	Bikini
12:40	Classic Physique
13:20	小休憩／Break (15min.)
13:35	Men's Physique
14:30	休憩／Break Special Ceremony (～15:00)
Finals	
16:00	Bikini
16:20	Classic Physique
17:00	Men's Physique
17:25	Closing ceremony