

2025.11.24 JAPAN PRO 2025 TIME TABLE

9:00	選手控室オープン／Competitors Waiting Room Open
9:30	開場／Doors Open
10:15	開会式／Opening Ceremony
Prejudging	
10:30	Women'S Wellness Women'S Bikini Men'S Physique
12:45	小休憩／Break
13:00	Men'S Classic Physique Men'S Bodybuilding
14:30	休憩／Break
Finals	
15:05	Women'S Wellness Women'S Bikini Men'S Physique Men'S Classic Physique Men'S Bodybuilding
17:45	閉幕式／Closing

