

EVOLGEAR HIDETADA YAMAGISHI, IRIS KYLE JAPAN CLASSIC

予定時間	カテゴリー	クラス
11:00	開場 / Open	
11:40	開会式 / Opening ceremony	
11:45	Figure	Novice
	Women's Physique	Novice
	Classic Physique	Novice
		Masters Over 40
	Bikini	Novice
		Masters Over 40
12:05	Men's Physique	Novice
		Masters Over 40
	Bodybuilding	Novice
		Masters Over 40
12:25	小休憩 / Break	
12:45	表彰 / Awards ceremony	
13:15	休憩 / Break	
14:00	開会式 / Opening ceremony	
14:25	Wellness	Class A
		Class B
14:38	Figure	Class A
		Class B
14:47	Women's Physique	Class A
		Class B
14:53	Classic Physique	Class A
		Class B
		Class C
15:43	Bikini	Class A
		Class B
		Class C
		Class D
16:16	Men's Physique	Class A
		Class B
		Class C
		Class D
17:10	Bodybuilding	Lightweight (70kg~80.0kg)
		Heavyweight (80.1kg~)
17:46	休憩 / Break	
18:30	表彰 / Awards ceremony	
19:20	Overall	Wellness
		Figure
		Women's Physique
		Classic Physique
		Bikini
		Bodybuilding
		Men's Physique
20:00	閉会 / Close	