

2025.8.9-10 MASTERS OLYMPIA TOKYO, JAPAN TIME TABLE

DAY-1

10:30	選手控室オープン／Competitors Waiting Room Open
13:00	開場／Doors Open
13:30	開会式／Opening Ceremony
Prejudging	
13:45	Wellness
14:15	Women's Physique
14:55	Women's Bodybuilding
15:30	小休憩／Break (10min.)
15:40	Men's Classic Physique
16:40	Men's 212 Bodybuilding
17:15	休憩／Break (45min.)
Finals (Top 10)	
18:00	Wellness
18:21	Women's Physique
18:55	Women's Bodybuilding
19:37	Men's Classic Physique
20:10	Men's 212 Bodybuilding
20:55	DAY-1 閉幕式／Closing

DAY-2

9:00	選手控室オープン／Competitors Waiting Room Open
10:00	開場／Doors Open
10:45	開会式／Opening Ceremony
Prejudging	
11:00	Women's Figure
11:35	Women's Fitness 1st Round
11:50	Women's Bikini
12:50	小休憩／Break (10min.)
13:00	Men's Physique
13:35	Men's Bodybuilding
14:15	休憩／Break Meet & Greet Tokyo Pro 2025
Finals (Top 10)	
16:00	Women's Fitness 2nd Round
16:30	Women's Figure
16:50	Women's Bikini
17:10	Men's Physique
17:35	Men's Bodybuilding
18:15	DAY-2 閉幕式／Closing

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 <i>Hidetada Yamagishi Retirement Ceremony</i> (~15:00)
Finals	
16:00	Bikini
16:20	Classic Physique
17:00	Men's Physique
17:25	Closing ceremony