

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