

Zenix

Iron Rise Classic 2026 Time Table

09:30	選手集合 / 受付 / 測定
09:50	選手チェックイン
10:20	選手ミーティング / リハーサル
10:40	開場
11:10	開会式
11:15	WOMEN'S FIT MODEL - True Novice WOMEN'S FIT MODEL - Beginner WOMEN'S BIKINI - Novice
11:20	MEN'S PHYSIQUE - True Novice MEN'S PHYSIQUE - Local MEN'S PHYSIQUE - Junior MEN'S PHYSIQUE - Beginner
11:43	MEN'S PHYSIQUE - Novice A MEN'S PHYSIQUE - Novice B MEN'S PHYSIQUE - Novice C MEN'S PHYSIQUE - Novice D
12:15	協賛企業様ご挨拶
12:25	小休憩
12:55	MEN'S PHYSIQUE - Masters 60+ (60 yr & over) MEN'S PHYSIQUE - Masters 45+ (45 yr & over) MEN'S PHYSIQUE - Masters 40+ (40 yr & over) MEN'S PHYSIQUE - Masters 35+ (35 yr & over)
13:07	MEN'S CLASSIC PHYSIQUE - True Novice MEN'S CLASSIC PHYSIQUE - Masters 40+ (40 yr & over) MEN'S CLASSIC PHYSIQUE - Open MEN'S BODYBUILDING - Masters 50+ (50 yr & over)
13:15	WOMEN'S Fit Model - Masters 50+ (50 yr & over) WOMEN'S FIT MODEL - Open Women's Bikini - Masters 40+(40 yr & over)
13:21	WOMEN'S BIKINI - Open MEN'S PHYSIQUE - Open Class A MEN'S PHYSIQUE - Open Class B MEN'S PHYSIQUE - Open Class C
13:50	休憩
14:20	表彰
15:00	オーバーオール
15:10	閉会



KORANTOWIN



POWERHOUSE GYM



GUMI



M T



コロナのはいしゃ
Masuzaki Dental Office

EVANGEAR
Professional Fitness Equipment