

# Zenix

## Uplift Classic 2026 Timetable

9:30	選手集合 / 受付 / 測定
9:45	選手チェックイン
10:10	選手ミーティング / リハーサル
10:15	出展企業様集合
10:40	開場
11:10	開会式
11:15	WOMEN'S FIT MODEL - True Novice WOMEN'S FIT MODEL - Novice
11:18	MEN'S PHYSIQUE - True Novice WOMEN'S BIKINI - Beginner WOMEN'S BIKINI - Novice
11:45	MEN'S PHYSIQUE - Junior MEN'S PHYSIQUE - Local MEN'S PHYSIQUE - Beginner
11:59	協賛企業様ご挨拶 MEN'S PHYSIQUE - Novice A MEN'S PHYSIQUE - Novice B MEN'S PHYSIQUE - Novice C MEN'S PHYSIQUE - Novice D
12:32	MEN'S CLASSIC PHYSIQUE - True Novice MEN'S CLASSIC PHYSIQUE - Novice
12:40	小休憩
13:10	WOMEN'S Fit Model- Masters 40+ (40 yr & over)
13:12	WOMEN'S BIKINI - Masters 50+ (50 yr & over) WOMEN'S BIKINI - Masters 45+ (45 yr & over) WOMEN'S BIKINI - Masters 40+ (40 yr & over) WOMEN'S BIKINI - Masters 35+ (35 yr & over)
13:18	MEN'S PHYSIQUE - Masters 50+ (50 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)
13:35	MEN'S CLASSIC PHYSIQUE - Junior MEN'S CLASSIC PHYSIQUE - Masters 40+ (40 yr & over) MEN'S CLASSIC PHYSIQUE - Open
13:45	MEN'S Bodybuilding - Junior MEN'S Bodybuilding - Novice MEN'S Bodybuilding - Open
13:55	WOMEN'S Wellness - Open
13:57	WOMEN'S Figure - Open
14:01	WOMEN'S FIT MODEL - Open
14:05	WOMEN'S BIKINI - Open
14:18	MEN'S PHYSIQUE - Open Class A MEN'S PHYSIQUE - Open Class B MEN'S PHYSIQUE - Open Class C
14:45	休憩
15:15	表彰
16:15	オーバーオール MEN'S PHYSIQUE - Novice WOMEN'S BIKINI - Masters MEN'S PHYSIQUE - Masters MEN'S PHYSIQUE - Open
16:45	閉会・ジャッジフィードバック開始
17:45	撤収完了・ジャッジフィードバック終了