



ARNOLD SPORTS FESTIVAL AUSTRALIA

MAIN EVENT SCHEDULE

Please note - this schedule is subject to change. For other sporting event schedules, please see their individual pages on our website - www.arnoldsportsfestival.com.au

THURSDAY 14TH MARCH

TIME	EVENT	LOCATION	TICKETS
9am - 6pm 9am - 10.30am 11am - 12.30pm 1pm - 2.30pm 3pm - 4.30pm 5pm - 6pm	Arnold Ultimate Strength Summit Stefanie Cohen: Rehab and Deadlifts / Q&A Andrew Lock: Shoulder Rehab / Q&A Sebastian Oreb: Programming / Q&A Ed Coan: Technique / Q&A Panel discussion (all 4 speakers)	MCEC Meeting Room 109/110	\$200 Ultimate Strength Summit Ticket
12pm - 4pm	Amateur Athlete Check-In All Amateur Bodybuilding Athletes	MCEC - Inkwell	N/A
7.30pm - 9pm (7pm VIP access)	Pro Athlete Meet and Greet	MCEC Fitcover Main Stage	\$35 Meet and Greet Ticket (included in Platinum VIP & VIP Package)



FRIDAY 15TH MARCH

TIME	EVENT	LOCATION	TICKETS
10am - 6pm	ARNOLD EXPO	MCEC	Expo Pass (Included in Platinum VIP, VIP and Super Pass)
10am - 6pm	Shoe Me & Zeneda Presents ARNOLD AMATEUR - WOMEN'S DIVISIONS Running Order: <ul style="list-style-type: none"> • Figure Masters • Figure Novice • Figure Open • Figure Pro Card Award • Fitness • Fitness Pro Card Award • Women's Physique • Women's Pro Card Award • Bikini Junior • Bikini Masters • Bikini Novice • Bikini Open • Bikini Pro Card Award 	MCEC Fitcover Main Stage	Expo Pass (Included in Platinum VIP, VIP and Super Pass)
10am - 6pm	Recovery Pro Presents STRONGMAN & STRONGWOMAN CHAMPIONSHIPS U65kg Women U80kg Men	MCEC Strongman Arena	Expo Pass (Included in Platinum VIP, VIP and Super Pass)
12pm - 4.30pm 12pm 2pm 4pm	ARNOLD PRO STRONGMAN CHAMPIONSHIPS Event 1 – The Super Yoke Event 2 – Log Press for Max weight Event 3 – The Power Stairs	MCEC Strongman Arena	Expo Pass (Included in Platinum VIP, VIP and Super Pass)



FRIDAY 15TH MARCH

TIME	EVENT	LOCATION	TICKETS
10am - 6pm	PRO RAW POWERLIFTING All Women's Classes	MCEC Pro Raw Stage	Expo Pass (Included in Platinum VIP, VIP and Super Pass)
10am - 6pm	YOGA	MCEC Outdoor Lawn	
10am - 10.45am	Kids & Family Yoga Presented by Rainbow Yoga		
11am - 11.45am	Prop Based Yoga Presented by Sue Everett of Yoga Jivana		
12pm - 12.45pm	Power Flow Presented by Power Living		
1pm - 1.45pm	Yin Yoga Presented by Corey Story of Yoga Barn Eltham		
2pm - 2.45pm	Air Chair Yoga Presented by Pauline Rooney of Inner Cor		
3pm - 3.45pm	Embodied Flow Presented by Sophie LeFevre of Body Flow Yoga		



SATURDAY 16TH MARCH

TIME	EVENT	LOCATION	TICKETS
10am - 6pm	ARNOLD EXPO	MCEC	Expo Pass (Included in Platinum VIP, VIP and Super Pass)
10am - 6pm	ARNOLD AMATEUR - MEN'S BODYBUILDING <ul style="list-style-type: none"> • Junior • Novice • Masters • U70kg • U/80kg • U/90kg • U/100kg • O/100kg 	MCEC Fitcover Main Stage	Expo Pass (Included in Platinum VIP, VIP and Super Pass)
1.30pm	ARNOLD CLASSIC PRO PRE-JUDGING Pro Figure and Pro Fitness	MCEC Fitcover Main Stage	Expo Pass (Included in Platinum VIP, VIP and Super Pass)
10am - 6pm	Recovery Pro Presents STRONGMAN & STRONGWOMAN CHAMPIONSHIPS U82kg Women U90kg Men	MCEC Strongman Arena	Expo Pass (Included in Platinum VIP, VIP and Super Pass)
12pm - 4.30pm 12pm 2pm 4pm	ARNOLD PRO STRONGMAN CHAMPIONSHIPS Event 4 – The Max Frame Deadlift Event 5 – The Viking Press Event 6 – The Atlas Stones	MCEC Strongman Arena	Expo Pass (Included in Platinum VIP, VIP and Super Pass)



SATURDAY 16TH MARCH

TIME	EVENT	LOCATION	TICKETS
10am - 6pm	PRO RAW POWERLIFTING Men's 80/95/110 classes	MCEC Pro Raw Stage	Expo Pass (Included in Platinum VIP, VIP and Super Pass)
11am - 2pm	YOGA Flow for a Cause	MCEC Outdoor Lawn	Flow for a Cause Ticket Includes Expo Pass
9am - 2.30pm 9:00am - 10:00am 10:30am - 11:30am 12:00pm - 1:00pm 1:30pm - 2:30pm	ARNOLD CELEBRITY ZONE Flex Wheeler Brandon Hendrickson Paige Hathaway Shawn Rohden MR O	MCEC Clarendon Theatre	Celebrity Zone Tickets
4pm	ARNOLD CLASSIC PRO PRE-JUDGING Pro Fitness and Pro Bodybuilding	MCEC Plenary Theatre	Pre-Judging Ticket Included in Platinum VIP, VIP & Gold Pro Show
4.30pm - 6pm	ATP Science INTERACTIVE HEALTH SEMINAR	MCEC Clarendon Theatre	Celebrity Zone Tickets
7pm	ARNOLD CLASSIC PRO SHOW FINALS Pro Figure, Pro Fitness, Pro Bikini and Pro Bodybuilding Finals	MCEC Plenary Theatre	Pro Show Finals Ticket Included in Platinum VIP & VIP Package



SUNDAY 17TH MARCH

TIME	EVENT	LOCATION	TICKETS
10am - 12pm	ARNOLD SEMINAR & PRO CHAMPIONS SHOWCASE	MCEC Clarendon Theatre	Platinum VIP and VIP Tickets
10am - 6pm	ARNOLD EXPO	MCEC	Expo Pass (Included in Platinum VIP, VIP and Super Pass)
10am - 6pm	ARNOLD AMATEUR - MEN'S BODYBUILDING <ul style="list-style-type: none"> • Bodybuilding weight classes top 6 routines • Bodybuilding Pro Card Award • Classic Physique Novice • Classic Physique Open • Classic Physique Pro Card Award • Men's Physique Novice • Men's Physique Open • Men's Physique Pro Card Award 	MCEC Fitcover Main Stage	Expo Pass (Included in Platinum VIP, VIP and Super Pass)
10am - 6pm	Recovery Pro Presents STRONGMAN & STRONGWOMAN CHAMPIONSHIPS Open Women U105kg Men Heavyweight Men	MCEC Strongman Arena	Expo Pass (Included in Platinum VIP, VIP and Super Pass)
10am - 6pm	PRO RAW POWERLIFTING Men 125 and 125kg+ classes Bench Only Deadlift Only	MCEC Pro Raw Stage	Expo Pass (Included in Platinum VIP, VIP and Super Pass)



SUNDAY 17TH MARCH

TIME	EVENT	LOCATION	TICKETS
10am - 6pm	YOGA	MCEC Outdoor Lawn	
10am - 10.45am	Air Chair Yoga Presented by Pauline Rooney of Inner Cor		
11am - 11.45am	Embodied Flow Presented by Sophie LeFevre of Body Flow Yoga		
12pm - 12.45pm	Somatic Flow Presented by Camilla Maling		
1pm - 1.45pm	Restorative Yoga Presented by Wendy Lim of PT for the Mind		
2pm - 2.45pm	Kids & Family Yoga Presented by Rainbow Yoga		
3pm - 3.45pm	Prop Based Yoga Presented by Sue Everett of Yoga Jivana		
4pm - 4.45pm	Power Flow Presented by Power Living		
5pm - 5.45pm	Yin Yoga Presented by Corey Story of Yoga Barn Eltham		
12pm - 5.30pm	ARNOLD CELEBRITY ZONE	MCEC Clarendon Theatre	Celebrity Zone Tickets
12:00pm - 1:00pm	Jerry Pritchett		
1:30pm - 2:30pm	Dennis James		
3:00pm - 4:00pm	GAT Girls		
4:30pm - 5:30pm	Lee Priest		