



## 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](http://www.arnoldsportsfestival.com.au)

### THURSDAY 14<sup>TH</sup> MARCH

TIME	EVENT	LOCATION	TICKETS
<b>9am - 6pm</b>  9am - 10.30am 11am - 12.30pm 1pm - 2.30pm 3pm - 4.30pm 5pm - 6pm	<b>Arnold Ultimate Strength Summit</b>  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)	<b>MCEC</b> Meeting Room 109/110	\$200  <a href="#">Ultimate Strength Summit Ticket</a>
<b>12pm - 4pm</b>	<b>Amateur Athlete Check-In</b>  All Amateur Bodybuilding Athletes	<b>MCEC - Inkwell</b>	N/A
<b>7.30pm - 9pm</b> (7pm VIP access)	<b>Pro Athlete Meet and Greet</b>	<b>MCEC</b> Fitcover Main Stage	\$35 <a href="#">Meet and Greet Ticket</a>  (included in Platinum VIP & VIP Package)



## FRIDAY 15<sup>TH</sup> MARCH

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



## FRIDAY 15<sup>TH</sup> MARCH

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



## SATURDAY 16<sup>TH</sup> MARCH

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



## SATURDAY 16<sup>TH</sup> MARCH

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



## SUNDAY 17<sup>TH</sup> MARCH

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



## SUNDAY 17<sup>TH</sup> MARCH

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