



EVLS PRAGUE SHOWDOWN

PROGRAM



FRIDAY SEPTEMBER 28th

SATURDAY SEPTEMBER 29th

BODYBUILDING PROGRAM

EVLS PRAGUE AMATEUR 2018

09:00 - 20:00

FITNESS EXPO

HALL 3

11:00 - 16:00

PREJUDGING WOMEN'S BIKINI
PREJUDGING WOMEN'S FITNESS
FINALS WOMEN'S BIKINI
PREJUDGING WOMEN'S FIGURE
FINALS WOMEN'S FITNESS
PREJUDGING WOMEN'S PHYSIQUE
FINALS WOMEN'S FIGURE
FINALS WOMEN'S PHYSIQUE

HALL 4

14:00 - 15:00

SEMINAR - DORIAN YATES

CONFERENCE HALL

16:00

PREJUDGING MEN'S BODYBUILDING
PREJUDGING MEN'S PHYSIQUE
FINALS MEN'S BODYBUILDING
PREJUDGING MEN'S CLASSIC PHYSIQUE
FINALS MEN'S PHYSIQUE
FINALS MEN'S CLASSIC PHYSIQUE
SUPERFINALS

HALL 4

17:00 - 18:00

PRESS CONFERENCE

CONGRESS HALL

18:00 - 19:00

MEET & GREET
(meeting face to face, autograph signing, taking photos)

CONGRESS HALL

EVLS PRAGUE PRO 2018

09:00 - 18:00

FITNESS EXPO

HALL 4

10:00 - 13:00

PREJUDGING EVLS PRAGUE PRO
pro men's open, pro 212, pro bikini, pro men's physique

HALL 4

11:00 - 12:00

FREE

SEMINAR - STEVE BENTHIN

CONFERENCE HALL

14:00 - 15:00

SEMINAR - JAY CUTLER

CONFERENCE HALL

18:30 - 22:00

FINAL EVLS PRAGUE PRO
finals pro 212, finals pro men's physique, strongman, finals pro bikini,
finals pro men's open
AWARD CEREMONIES

HALL 4

22:30

BANQUET

CONGRESS HALL

PROGRAM EXPO

MMA, BRAZILIAN JIU JITSU

09:30 - 16:00 Open course - MMA handler, MMA organization
09:15 - 10:30 Dominik Luks - Opened MMA training for children younger than 15 years
10:30 - 14:00 Grappling children, youth and university students tournament
14:00 - 15:30 Karlos "Terminator" Vémola - Karlos "Terminator" Vémola - personal, "opened" training with Petr Macháček and Live commentated training
15:30 - 17:00 XFN 12, Plzeň 06.10.2018 - introducing the biggest stars of the Czech MMA professional organization XFN
17:00 - 18:30 Petr "Pino" Ondruš - training and an exhibition with a legend of martial sports

HALL 6

HERO FACTOR

NEW

10:15 - 17:00 One round match - Aquapalace Cup
17:15 The Winners ceremony (an introduction of 20 chosen Saturday-round fighters)

HALL 3

STREET WORKOUT

09:00 - 18:00 Presentations, exhibitions free-show of the organizer and the partners, spectators competitions all day long, battles registrations, spectators lessons

HALL 3

DEADLIFT

PRIZE MONEY: \$ 6000

11:00 - 17:00 EVLS WRPF CUP 2018 - all categories deadlift
17:00 - 18:00 The Winners ceremony

HALL 3

ARMWRESTLING

09:00 - 19:00 Presentations, shows, exhibitions

HALL 3

MASWRESTLING

09:00 - 19:00 Presentations, shows, exhibitions

HALL 3

POLE DANCE

09:00 - 10:00 Morning Flexi warm-up
10:00 - 12:00 Show class pole dance and aerial hoop
12:00 - 12:10 Pole dance and aerial hoop exhibition
12:10 - 12:40 Contest
13:00 - 18:00 Show class pole dance and aerial hoop
18:00 - 19:00 Pole dance and aerial hoop exhibition
18:10 - 18:40 Contest
19:00 - 20:00 Show class pole dance and aerial hoop

HALL 3

STRONGMAN

15:00 - 18:00 EVLS FITNEMA STRONGMAN CUP 2018
(Truck Pull, Farmer's Walk, Super Yoke, Car Deadlift, Tire Flip, Max Log Lift)
20:00 - 21:00 CZE Championship in Max Log Lift on the main stage

PVA OUTDOOR AREA

MMA, BRAZILIAN JIU JITSU

09:15 - 11:00 Grappling exhibition
11:00 - 14:30 Basic part of the Czech Championship MMA Arena Cup 44
15:30 - 18:30 Main part of the MMA Czech Championship

HALL 6

HERO FACTOR

NEW

10:15 - 17:00 One round match - Hero Factor Open
17:15 The Winners ceremony

HALL 3

STREET WORKOUT

10:00 - 13:00 Freestyle
14:00 - 17:00 Sets & Reps
17:00 - 18:00 Muscle up
11:00 - 17:00 Lenka Adi Strolená - new attempt to break the world record in doing pull-ups for 6 hours

HALL 3

BENCH PRESS

PRIZE MONEY: \$ 6000

11:00 - 17:00 EVLS WRPF Bench Press Cup 2018 - all categories benchpress
17:00 - 18:00 Winners ceremony

HALL 3

ARMWRESTLING

14:00 - 18:00 EVLS ARM-WRESTLING CUP

HALL 3

MASWRESTLING

09:00 - 18:00 Presentations, shows, exhibitions

HALL 3

POLE DANCE

09:00 - 10:00 Morning Flexi warm-up
10:00 - 12:00 Show class pole dance and aerial hoop
12:00 - 12:10 Pole dance and aerial hoop exhibition
12:10 - 12:40 Contest
13:00 - 18:00 Show class pole dance and aerial hoop

HALL 3

Schedule change reserved.