



WEEKEND PROGRAM

SATURDAY the 7th of April

BODYBUILDING MEN, BODYBUILDING FEMALE, CLASSIC BODY BUILDING MEN, CLASSIC BODY BUILDING FEMALE and BIKINI CLASS

09.00 **THE DOORS OPENS - expo area will be open**
10 stands will be there - they will be open all day, so visit them anytime you want in the front area...

10.00 to 13.00 **PREJUDGING STARTS**
Get you ticket at www.billetnet.dk og www.ticketmaster.com

13.15 **BATTLE STARTS**
It's *FREE* to join the battles, just sign up during the day.
For more info please check www.loadedcup.dk

15.00 **SHORT SEMINAR**
with *LARISSA REIS, DENNIS JAMES, JAMES FLEX LEWIS* and *MR OLYMPIA PHIL HEATH*
To join the seminar - you will need a finale ticket for the Saturday show if you don't have that, you have to pay 100 DKK to see the seminar

16.30 **EVERYBODY OUT**
Get a refreshment and we will make everything ready for the FINALES and the evening show

17.00 **FINALES, SHOW and GUEST POSING**
James Flex Lewis and *Mr Olympia PHIL HEATH* - You will also be able to see *Larissa Reis* and *Dennis James* at the stage
Get you ticket at www.billetnet.dk og www.ticketmaster.com

SUNDAY the 8th of April

ATHLETIC FITNESS MEN, ATHLETIC FITNESS FEMALE, BODYFITNESS and DBFF NEWCOMER SHOW

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