



2018 KentuckyMuscle Strength & Fitness Exp
October 19 – 20, 2018
Kentucky International Convention Center

Schedule of Events:

Oct -19, 2018 - Doors Open 6:30pm Event Starts 7:00pm

Prejudging

- IFBB Pro Men's Physique
- IFBB Pro Classic Physique
- NPC Classic Physique
- NPC Women's Physique
- NPC Men's Physique

Oct -20th 2018 - Doors Open 8:30am Event Starts 9:00am

Prejudging

- IFBB Figure
- NPC Bodybuilding
- NPC Bikini
- NPC Figure

Expo Events Expo Starts 9:00 am

- USPA Powerlifting
- KentuckyMuscle Dance
- Strongman
- USA Armwrestling
- Olympic Weight Lifting
- CrossFit

Oct 20th 2018

IFBB / NPC Finals Doors Open 5:30pm Event Starts 6:00pm

Finals:

- IFBB Figure
- IFBB Pro Men's Physique
- IFBB Pro Classic Physique
- NPC Fitness Routines
- NPC Bodybuilding
- NPC Bikini
- NPC Classic Physique,
- NPC Fitness Awards
- NPC Figure
- NPC Women's Physique NPC Figure
- NPC Men's Physique