



**Time table of training days of Almaty 2025 IBSA Open Asian Bench Press Championship
and IBSA Powerlifting & Bench Press World Cup**

Day	Training session 1		Training session 1		Training session 1		Training session 1	
	Start	Finish	Start	Finish	Start	Finish	Start	Finish
	09:00	11:30	11:30	14:00	14:00	16:30	16:30	19:00
25 May	Ukraine Georgia,		Kazakhstan		Turkey Venesuella Chech Rep		Kenya	
26 May	Turkey Venesuella Chech Rep		Kenya		Ukraine Georgia		Kazakhstan	