

Fitness Nutrition and Sports India (FNSI) Expo Agenda

Dates: 14th, 15th, 16th February 2025

Venue: Manpho Convention Center, Manyata Tech Park, Bangalore, India

Entry Fee: Free (for General Visitors)

Special Highlights of the Expo

- **Interactive Booths:** 100+ Display Booths to explore fitness equipment, nutritional products, and wellness innovations from over 150 brands.
 - **Mr. Karnataka Shresta & Mr. South India 2025:** Open Body Building and Physique Competition.
 - **Pro Panja League Showcase:** Arm wrestling competition.
 - **7th Bengaluru Open MMA Championship:** Mixed Martial Arts Competition.
 - **Zumba Fitness Sessions:** Open for all Free Zumba Activity Sessions
 - **Zumba Workshop:** One-Day Certification Course
 - **All India Inter Club Fencing Championship:** National Fencing Competition
 - **State Level Kettle Bell Competition:** Inter State Kettle Bell Competition
 - **Deadlift & Powerlifting Championship:** Open Competition
 - **Meet & Greet Sessions:** Meet all your favourite Athletes & Personalities.
 - **Business-to-Business Networking:** Connect with industry professionals, gym owners, and fitness enthusiasts.
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Daily Agenda Overview

Day 1: 14th February 2025 (Friday)

10:00 AM - 11:00 AM:

- Expo Inauguration Ceremony

11:00 AM - 5:00 PM:

- Exhibition of Complete Gym Setups, Sports Goods, Nutrition & Supplements, and Wellness Products (All Stalls Open)
- Zumba Fitness Session with Sahana Jags
- Mr. Karnataka Shresta – Men's Physique Competition
- MMA Open Bengaluru Championship (Qualifying Rounds)
- Pro Panja League (Qualifying Rounds)
- All India Inter-Club Fencing Championship (U-17 and U-20 Categories)

5:30 PM - 6:00 PM:

- Zumba Fitness Session with Sahana Jags

Day 2: 15th February 2025 (Saturday)

10:00 AM - 5:00 PM:

- Ongoing Expo: Product Displays and Live Demonstrations
- MMA Open Bengaluru Championship (Semi-Finals)
- Deadlift & Powerlifting Championship (Qualifying Rounds)
- State-Level Kettlebell Competition
- Zumba Fitness Session with Sahana Jags
- Kettlebell Competition – Open for all
- Mr. Karnataka Shresta – Body Building Competition & Overall Championship
- Pro Panja League (Competitive Rounds)

11:00 AM - 05:00 PM:

- Zumba Certification Course followed by Fitness Session
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Day 3: 16th February 2025 (Sunday)

10:00 AM - 12:00 PM:

- Mr. South India Bodybuilding Championship

12:00 PM - 5:00 PM:

- Deadlift & Powerlifting Championship (Final Rounds)
- MMA Open Bengaluru Championship (Final Rounds)
- Fencing Championship Finals
- Pro Panja League Finals
- Kettlebell Pro Competition

5:00 PM - 6:00 PM:

- Mr. Karnataka Shresta and Mr. South India 2025 Finals
- Prize Distribution Ceremony (Cash Prizes, Trophies, and Certificates)

6:00 PM Onwards:

- End of Expo
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