



INTERNATIONAL FEDERATION OF BODYBUILDING AND FITNESS

IFBB Fitness Challenge World Championships 2021

Day 1 (Friday, November 5th)

10:00 – Team Briefing

11:00 – One continuous session (Teams Competition)

Day 2 (Saturday, November 6th)

10:00 – Team Briefing

11:00 – One continuous session (Couples Competition)

Day 3 (Sunday, November 7th)

10:00 – Team Briefing

11:00 – One continuous session (Individual Competition)

