



IFBB
EUROPEAN FITNESS
BODYBUILDING
CHAMPIONSHIPS

SANTA SUSANNA
BARCELONA
4-8/05/2023

"IFBB IS A SAFE PLACE FOR WOMEN TO COMPETE"



Ajuntament de
 Santa Susanna



Generalitat
 de Catalunya



TENTATIVE RUNNING ORDER (SHORT VERSION)

WEDNESDAY, MAY 03rd, 2023

10:00 – 19:00 – Continuous Registration of arriving National Teams – Don Angel Hotel
19:00 - EBFF ANNUAL CONGRESS & TEAM MANAGERS & JUDGES MEETING –
 Don Angel Hotel



THURSDAY, MAY 04th, 2023

10:30 – ONE CONTINUOUS SESSION

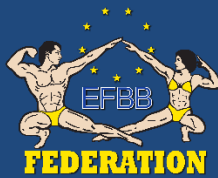
- Junior Women Artistic Fitness Semifinals – Rounds 1 + 2
- Junior Women Acrobatic Fitness Semifinals – Rounds 1 + 2
- Junior Men Fitness Semifinals – Rounds 1 + 2
- Men Games Classic Bodybuilding: Juniors + Masters
- Men Games Classic Bodybuilding: Seniors
- Men's Physique: Beginners Open
- Men's Physique: Junior + Masters
- Men's Physique: Seniors
- Men Classic Bodybuilding: Juniors + Masters
- Men Classic Bodybuilding: Seniors



FRIDAY, MAY 05th, 2023

09:00 – ONE CONTINUOUS SESSION

- Junior Women Artistic Fitness Finals – Rounds 3 + 4
- Junior Women Acrobatic Fitness Finals – Rounds 3 + 4
- Junior Men Fitness Finals – Rounds 3 + 4
- Men Wheelchair Bodybuilding
- Women Bikini: Beginners Open
- Women Bikini: Juniors
- Women Bikini: Masters
- Women Bikini: Seniors
- Fit-Pairs
- Men Bodybuilding: Master 50-54 Years
- Men Bodybuilding: Masters 50-59 Years
- Men Bodybuilding: Masters >60 Years

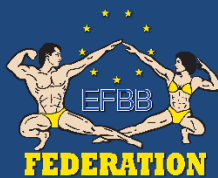


SATURDAY, MAY 06th, 2023
09:00 – ONE CONTINUOUS SESSION

- **Women Acrobatic Fitness: Seniors – Semifinals, Rounds 1 + 2**
- **Men Fitness: Seniors – Semifinals, Rounds 1 + 2**
- **Master Women Fit-Model – Round 1**
- **Women Fit-Model – Round 1**
- **Master Women Fit-Model – Round 2**
- **Women Fit-Model – Round 2**

- OPENING CEREMONY

- **Master Women Fit-Model – Round 3**
- **Women Fit-Model – Round 3**
- **Women Artistic Fitness: Seniors – Semifinals, Rounds 1 + 2**
- **Master Women Fit-Model – Round 4**
- **Women Fit-Model – Round 4**
- **Muscular Men's Physique**
- **Men Classic Physique: Juniors & Masters**
- **Men Classic Physique: Seniors**
- **Women Bodyfitness: Masters**
- **Women Bodyfitness: Seniors**
- **Women Bodyfitness: Juniors**
- **Women's Physique: Masters**
- **Women's Physique: Seniors**



SUNDAY, MAY 07th, 2023
09:00 – ONE CONTINUOUS SESSION

- **Women Acrobatic Fitness Finals - Rounds 3 + 4**
- **Women Artistic Fitness Finals - Rounds 3 + 4**
- **Men Fitness Finals - Rounds 3 + 4**
- **Men Bodybuilding: Juniors**
- **Men Bodybuilding: Masters 40-44 Years**
- **Men Bodybuilding: Masters 45-49 Years**
- **Women Wellness: Juniors + Masters**
- **Women Wellness: Seniors**
- **Men Bodybuilding: Seniors**
- **Mixed-Pairs**