



**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



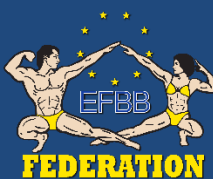
Generalitat  
de Catalunya



**TENTATIVE RUNNING ORDER (SHORT VERSION)**

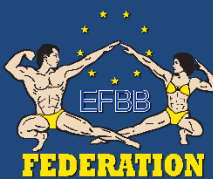
**WEDNESDAY, MAY 03<sup>rd</sup>, 2023**

**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



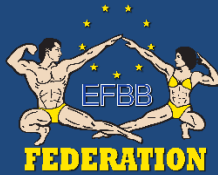
**THURSDAY, MAY 04<sup>th</sup>, 2023**  
**10:30 – ONE CONTINUOUS SESSION**

- 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: Junior + Masters
- Men's Physique: Seniors
- Men Classic Bodybuilding: Juniors + Masters
- Men Classic Bodybuilding: Seniors



**FRIDAY, MAY 05<sup>th</sup>, 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: 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

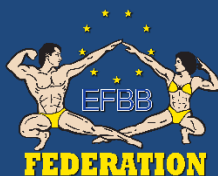


**SATURDAY, MAY 06<sup>th</sup>, 2023**  
**09:00 – ONE CONTINUOUS SESSION**

- **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 07<sup>th</sup>, 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**