



# 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

esportcat

## TENTATIVE RUNNING ORDER FITNESS CHALLENGE SPEED FIT

### THURSDAY, MAY 04<sup>th</sup>, 2023

**12:00 - 13:00 TECHNICAL MEETING FOR JUDGES AND ATHLETES - SPEED FIT (FITNESS CHALLENGE) (Parc del Colomer)**

### FRIDAY, MAY 05<sup>th</sup>, 2023

**10:00 -14:00 SPEED FIT (FITNESS CHALLENGE) COMPETITION (INDIVIDUALS)  
Parc del Colomer – Outdoor**

### SATURDAY, MAY 06<sup>th</sup>, 2023

**10:00 -14:00 SPEED FIT (FITNESS CHALLENGE) COMPETITION (COUPLES)  
Parc del Colomer – Outdoor**

### SUNDAY, MAY 07<sup>th</sup>, 2023

**10:00 -14:00 SPEED FIT (FITNESS CHALLENGE) COMPETITION (TEAMS)  
Parc del Colomer - Outdoor**