

IFBB

EUROPEAN FITNESS
& BODYBUILDING
CHAMPIONSHIPS



2024
MAY, 02 - 06
SANTA SUSANNA
BARCELONA



FITNESS CHALLENGE

TENTATIVE 2024 EUROPEAN CHAMPIONSHIPS RUNNING ORDER (SHORT VERSION)

FRIDAY, MAY 03rd, 2024

10:00 – ONE CONTINUOUS SESSION

GOLD INDIVIDUAL: MEN-WOMEN-JUNIOR-MASTER

SILVER INDIVIDUAL: MEN-WOMEN-JUNIOR-MASTER

BRONZE INDIVIDUAL: MEN – WOMEN (ONLY BEGINNERS)

SATURDAY, MAY 04th, 2024

10:00 – ONE CONTINUOUS SESSION

GOLD COUPLES: MEN- WOMEN- MIXED

SILVER COUPLES: MEN- WOMEN- MIXED

SUNDAY, MAY 05th, 2024

10:00 – ONE CONTINUOUS SESSION

SPEED FIT TEAM – MEN AND WOMEN (4 PLAYERS)

FITNESS CHALLENGE TEAM - SILVER MIXED TEAMS (6 PLAYERS)

FITNESS CHALLENGE TEAM - GOLD MIXED TEAMS (6 PLAYERS)