

**IFBB MEN'S WORLD
CHAMPIONSHIPS & WORLD
CONGRESS
WORLD SPEED FIT (FITNESS
CHALLENGE) CHAMPIONSHIPS**



Khobar, Saudi Arabia • November 28–30, 2025

Competition Days

DAY 1 — FRIDAY, NOVEMBER 28, 2025

SPEED FIT — Individual Categories

10:00–TBD

SPEED FIT (Fitness Challenge) — Individual Categories

Green Hall / Sport Complex Khobar

DAY 2 — SATURDAY, NOVEMBER 29, 2025

SPEED FIT — Couples

10:00–TBD

SPEED FIT (Fitness Challenge) — Couples

Green Hall / Sport Complex Khobar

DAY 3 — SUNDAY, NOVEMBER 30, 2025

SPEED FIT — Mixed Teams (4-member)

10:00–TBD

SPEED FIT (Fitness Challenge) — Mixed Teams (4-member)

Green Hall / Sport Complex Khobar