TENTATIVE 2025 IFBB ASIAN CHAMPIONSHIPS RUNNING ORDER (SHORT VERSION)

SATURDAY, JUNE 14th, 2025

10:00 – 19:00	Continuous Official Athlete Registration	Bahi Ajman Palace Hotel
16:00 – 17:00	Team Managers Technical & Judges Meeting	Bahi Ajman Palace Hotel
18:00 – 20:00	AFBF ANNUAL CONGRESS	Ajman Saray Hotel

SUNDAY, JUNE 15th, 2025

10:00 – ONE CONTINUOUS SESSION

10.00 Opening Ceremony

- Men Classic Bodybuilding: Juniors (15-20 & 21-23)
- Men Classic Bodybuilding: Masters (40-44, 45-49 & +50)
- Men Classic Bodybuilding: Seniors (168, 171, 175, 180 and + 180)
- Women Acrobatic Fitness: Seniors
- Women Artistic Fitness: Seniors
- Men Fitness: Seniors
- Women Fit Model : Junior & Master
- Women´s Fit Model: (163, 168 and + 168) 3
- Women´s Physique: Master
- Women´s Physique (163 and + 163)
- Women´s Bodyfitness: Juniors (15-20 and 21-23) & Masters (35-39, 40-44 and + 45)
- Women´s Bodyfitness: Seniors (158, 163, 168 and + 168)
- Women´s Wellness : Junior Open and Master Open
- Women´s Wellness : Seniors (158, 163, 168 and + 168)
- Fit Pairs : Open
- Women´s Bikini ; Junior 16-23) & Masters (163 and + 163)
- Women´s Bikini ; Seniors (158, 160, 164, 169 and + 169)

MONDAY, JUNE 16th, 2025

09:00 – ONE CONTINUOUS SESSION

- Men Games Classic Bodybuilding (175 & +175)
- Men´s Wheelchair Bodybuilding
- Men´s ParaBodybuilding (test category)
- Men's Fit-Model: Junior and Master
- Men's Fit- Model: Seniors (178, 183 and + 183)
- Men's Physique: Juniors (15-20; 21-23 174 cm & 21-23 +174)
- Men's Physique: Masters (40-44, 45-49 & +50)
- Men's Physique: Seniors (170, 173, 176, 179, 182 and + 182)
- Men's Fit Classic Physique: Juniors (15-20 and 21-23)
- Bodybuilding: Juniors (15-20 & 21-23 75kg 21-23+75)
- Men's Fit Classic Physique: Seniors (168, 171, 175, 180 and + 180)
- Bodybuilding by heights : (170, 178 & +178)

FITNESS CHALLENGE RUNNING ORDER

Sunday, June 15th, 2025

10:00 - TECHNICAL MEETING FOR JUDGES AND ATHLETES

11:00 - COMPETITION (INDIVIDUAL CATEGORIES) -AJMAN HOSPITALITY CENTER

Monday, June 16th, 2025

10:00- COMPETITION (COUPLE & TEAMS CATEGORIES) -AJMAN HOSPITALITY CENTER