TENTATIVE RUNNING ORDER

This running order is provisional and may be subject to changes.
More accurate tentative version will be updated and published a few days before the event.

THURSDAY, APRIL 30th, 2026

10:00 – 19:00 – **Continuous Registration** of National Teams - Caprici Verd Hotel
10:00 – 19:00 – **Official Weigh-in: Fitness Challenge** - Parc del Colomer Area
17:00 – 18:00 – Team Managers & Judges Meeting - Caprici Verd Hotel
19:00 – 21:30 – EFBB ANNUAL CONGRESS – Ona Brava Hotel

FRIDAY, MAY 01st, 2026 - STAGE LA MASIA MAS DE DALT

10:00 – ONE CONTINUOUS SESSION

- **Junior Games Classic Bodybuilding: 15-20 & 21-23 yrs**
- **Junior Men Classic Physique: 15-20 & 21-23 yrs**
- **Master Men Fit Classic Physique >40 yrs - Open**
- **Master Games Classic Bodybuilding: 40-44 & >45 yrs**
- **Men Fit Classic Physique - Open**
- **Men Wheelchair Bodybuilding - Open**
- **Junior Men Bodybuilding 15-20 yrs: -75 kg & +75 kg**
- **Junior Men Bodybuilding 21-23 yrs: -75 kg & +75 kg**
- **Men Games Classic Bodybuilding: -171 cm, -180 cm & +180 cm**
- **Men Fit Bodybuilding: -170 cm, 178 cm & +178 cm**
- **Junior Men Classic Bodybuilding 15-20 & 21-23 yrs**
- **Men Classic Bodybuilding: -168 cm, 171 cm, 175 cm, 180 cm & +180 cm**

FRIDAY, MAY 01st, 2026 - STAGE PARC COLOMER

09:00 – ONE CONTINUOUS SESSION

- **Sub Junior Men's Physique 15-17 yrs - Open**
- **Junior Men's Physique 18-20 yrs - Open**
- **Junior Men's Physique 21-23 yrs: -174 cm, 178 cm, +178 cm**
- **Junior Women Acrobatic Fitness 15-20 yrs: -163 cm, +163 cm - semifinals**
- **Junior Women Acrobatic Fitness 21-23 yrs: -163 cm, +163 cm - semifinals**
- **Junior Men Fitness: 15-20 & 21-23 yrs - semifinals**

- Junior Women Artistic Fitness 15-20 & 21-23 yrs open - semifinals
- Master Men's Physique >40 yrs - Open
- Men's Physique: -170 cm, 173 cm, 176 cm
- Junior Women Acrobatic Fitness 15-20 yrs: -163 cm, +163 cm - finals
- Junior Women Acrobatic Fitness 21-23 yrs: -163 cm, +163 cm - finals
- Junior Men Fitness: 15-20 & 21-23 yrs - finals
- Junior Women Artistic Fitness 15-20 & 21-23 yrs open - finals
- Men's Physique: -179 cm, 182 cm, +182 cm

- Women Acrobatic Fitness: -163 cm, +163 cm - semifinals
- Men Fitness open - semifinals
- Women Artistic Fitness: -163 cm, -168 cm, +168 cm - semifinals
- Junior Men's Fit-Model: 15-20 & 21-23 yrs
- Master Men's Fit-Model >40 yrs
- Men's Fit-Model open
- Women Acrobatic Fitness: -163 cm, +163 cm - finals
- Men Fitness open - finals
- Women Artistic Fitness: -163 cm, -168 cm, +168 cm - finals

SATURDAY, MAY 02nd, 2026 - STAGE LA MASIA MAS DE DALT

09:00 – ONE CONTINUOUS SESSION

- Junior Women Fit-Model: 15-20 & 21-23 yrs
- Fit-Pairs
- Master Women Bikini 35-39 years: -164 cm, +164 cm
- Master Women Fit-Model >35 years: -164 cm, +164 cm
- Junior Women Bikini 15-20 years: -160 cm, -166 cm +166 cm
- Junior Women Bikini 21-23 years: -160 cm, -166 cm +166 cm
- Master Women Bikini: 40-44, 45-49 & >50 yrs
- Women Bikini: -158 cm, 160 cm, 162 cm, 164 cm, 166 cm, 169 cm, 172 cm, +172 cm
- Women Fit-Model: -158 cm, 162 cm, 166 cm, 169 cm, 172 cm, +172 cm

SATURDAY, MAY 02nd, 2026 - STAGE PARC COLOMER

09:00 – ONE CONTINUOUS SESSION

- Junior Women Bodyfitness: 15-20 & 21-23 yrs
- Master Women Bodyfitness: 35-39, 40-44, 45-49 & >50 yrs
- OPENING CEREMONY
- Posing Art
- Aerial Art Show
- Women Bodyfitness: -158 cm, 163 cm, 168 cm, 172 cm & +172 cm
- Junior Women Wellness 15-20 years
- Junior Women Wellness 21-23 years: -163 cm & +163 cm
- Master Women Wellness: 35-39, 40-44, 45-49 & >50 yrs
- Women Wellness: -158 cm, 163 cm, 168 cm & +168 cm

- Pole Dance Exhibition