



TENTATIVE RUNNING ORDER

This running order is provisional and may be subject to changes.

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

- Men Games Classic Bodybuilding: Juniors 15-20 & 21-23 yrs, Master 40-44 & >45 yrs
- **Men Games Classic Bodybuilding: Senior -171 cm, -180 cm & +180 cm**
- Junior Men Classic Physique: 15-20 & 21-23 yrs, Masters: >40 yrs – Open
- **Men Fit Classic Physique - Open**
- Men's Fit
- Men Wheelchair Bodybuilding - Open
- Junior Men Bodybuilding 15-20 yrs: -75 kg & +75 kg and 21-23 yrs: -75 kg & +75 kg
- Master Fit Bodybuilding by Height 40-49, + 50 years
- **Men Fit Bodybuilding by heights: -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**
- **Master Men's Fit Classic Bodybuilding 40 years & over**

FRIDAY, MAY 01st, 2026 - STAGE PARC COLOMER

09:00 – ONE CONTINUOUS SESSION

- Junior Women Acrobatic Fitness 15-20 yrs: -163 cm, +163 cm
- Junior Women Acrobatic Fitness 21-23 yrs: -163 cm, +163 cm
- Junior Men's Physique 15-17 yrs Open, 18-20 yrs Open, 21-23 yrs: -174 cm, 178 cm, +178 cm
- Master Men's Physique >40 yrs - Open
- Junior Men Fitness: 15-20 & 21-23 yrs

- Junior Women Artistic Fitness 15-20 & 21-23 yrs open
- **Men's Physique: -170 cm, 173 cm, 176 cm, -179 cm, 182 cm, +182 cm**
- Fit-Pairs
- Women Acrobatic Fitness: -163 cm, +163 cm
- Men Fitness open
- Junior Men's Fit-Model: 15-20 & 21-23 yrs and Master Men's Fit-Model >40 yrs
- **Women Artistic Fitness: -163 cm, -168 cm, +168 cm**
- Men's Fit-Model open

SATURDAY, MAY 02nd, 2026 - STAGE LA MASIA MAS DE DALT
09:00 – ONE CONTINUOUS SESSION

- Junior Women Bodyfitness: 15-20 & 21-23 yrs, Master Women: 35-39, 40-44, 45-49 & >50 yrs
- Fit and Beauty
- Women Bodyfitness: -158 cm, 163 cm, 168 cm, 172 cm & +172 cm
- 12:00 pm - Break for the Opening Ceremony at Parc Colomer
- 14:00 continue the program:
- Posing Art
- Fit Women's Physique - Open
- Junior Women Wellness 15-20 years, 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

SATURDAY, MAY 02nd, 2026 - STAGE PARC COLOMER
08:30 – ONE CONTINUOUS SESSION

- Junior Women Fit-Model: 15-20 & 21-23 yrs, Master >35 years: -164 cm, +164 cm
- **Women Fit-Model: -158 cm, 162 cm, 166 cm, 169 cm, 172 cm, +172 cm**
- **OPENING CEREMONY (12:30pm)**
- **Aerial Art Competition**
- Master Women Bikini 35-39 years: -164 cm, +164 cm: 40-44 yrs, 45-49 yrs & >50 yrs
- Junior Women Bikini 15-20 years: -160 cm, -166 cm +166 cm
- Junior Women Bikini 21-23 years: -160 cm, -166 cm +166 cm
- **Women Bikini: -158 cm, 160 cm, 162 cm, 164 cm, 166 cm, 169 cm, 172 cm, +172 cm**