

SOUTH ASIAN BODYBUILDING AND PHYSIQUE SPORTS FEDERATION

AFFILIATED TO : WORLD BODYBUILDING AND PHYSIQUE SPORTS FEDERATION (WBPF) , ASIAN BODYBUILDING AND PHYSIQUE SPORTS FEDERATION (ABBF)

15th South Asian Bodybuilding and Physique Sports Championship 2025

11th – 15th June 2025, Thimphu, Kingdom of Bhutan

DAY TO DAY PROGRAM

Wednesday 11th June 2025

DAY 1

FROM 12.00 PM ONWARDS	Arrival of all Executive Committee Members / Officials /Judges/ Participants at Yarkay Thimphu – IHCL SeleQtions, Thimphu, Kingdom of Bhutan
FROM 12.30 PM TO 02.00 PM	Lunch at Zakhangg
07:00 PM - 09:00 PM	Welcome Dinner at Sky Garden – Restro-Bar (Only for the officials) Dinner at Zakhangg – (Athletes)

Thursday 12th June 2025

DAY 2

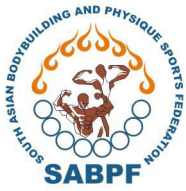
06:00 AM - 09:00 AM	Breakfast at Zakhangg
09:30 AM - 10:30 AM	Team Managers & Judges Meeting at Yarkay Room
10:30 AM - 11:30 AM	SABBF Executive Council Meeting at Yarkay Room
12.30 PM – 02.00 PM	Lunch at Zakhangg
03.00 PM - 06.00 PM	Weigh In of all Body Weight Categories and Height Measurements and Checking of Age Groups at Yarkay Room
07:00 PM - 10:00 PM	Dinner at Zakhangg

Friday 13th June 2025

DAY 3

06:00 AM - 09:00 AM	Breakfast at Zakhangg
10:00 AM - 07:00 PM	Commencement of the Pre-judging and finals TOTAL OF 12 EVENTS: Junior Men's Body Building (1 open category) Senior Men's Bodybuilding 55kg, 60kg, 65kg, 70kg (4 categories) Senior Men's Athletic Physique up to 160 cm +2kg, up to 167 cm +4kg, Over 167 cm +6kg (3 categories) Senior Women's Athletic Physique (1 open category) Senior Men's Sport Physique up to 170cm +2kg, up to 175cm +0kg, Over 175 +2kg (3 categories)
01:00 PM - 02:00 PM	Lunch at Zakhangg
03:00 PM ONWARDS	Opening Ceremony, speeches and cultural shows, finals and prize distribution.
07:00 PM - 10:00 PM	Dinner at Zakhangg





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Saturday 14th June 2025

DAY 4

06:00 AM - 09:00 AM	Breakfast at Zakhangg
10:00 AM - 06:00 PM	Commencement of the Pre-judging and finals TOTAL OF 8 EVENTS: Senior Men's Bodybuilding 75kg, 80kg, 85kg, Over 85kg (4 categories) Senior Women's Model Physique Up to 155cm, Over 155cm (2 Categories) Women's Swimsuit (One open category)
01:00 PM - 02:00 PM	Lunch at Zakhangg
03.00 pm - Onwards	Finals Overall Champion - MR. SOUTH ASIA 2023 Men's Team Championship Women's Team Championship Closing Ceremony
07:00 PM - 10:00 PM	Farewell Dinner at Zachum – Authentic Bhutanese Restaurant

Sunday 15th June 2025

DAY 5

06:00 AM - 09:00 AM	Breakfast at Zakhangg
12:00 PM – Onwards	Check out Departure of all the Executive Committee Members of SABBF, all participating teams, judges, officials together with SABBF Standing Sub-Committee members.

IMPORTANT

SABBF RESERVES THE RIGHTS FOR THE ABOVE PROGRAM CHANGES IF ANY.

