



16TH SOUTH ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS 2026

30TH JUNE - 4TH JULY, 2026 - THIMPHU, KINGDOM OF BHUTAN.

DAY TO DAY PROGRAM

TUESDAY 30TH JUNE 2026

DAY 1

FROM 12.00 PM ONWARDS	Arrival of all Executive Committee Members / Officials /Judges/ Participants at Yarkay Hotel 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)

WEDNESDAY 1ST JULY 2026

DAY 2

06:00 AM - 09:00 AM	Breakfast at Zakhangg
09:30 AM - 10:00 AM	Team Managers & Judges Meeting at Yarkay Room
10:00 PM - 11:00 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

THURSDAY 2ND JULY 2026

DAY 3

06:00 AM - 09:00 AM	Breakfast at Zakhangg
12:00 PM - 02:00 PM	Lunch at Zakhangg
02.30 PM ONWARDS	Opening Ceremony, speeches and cultural shows Commencement finals and prize distribution TOTAL OF 12 EVENTS: Senior Men's Bodybuilding 55kg, 60kg, 65kg, 70kg (4 categories) Senior Men's Athletic Physique up to 167 cm +4kg, Over 167 cm +6kg (2 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)
07:00 PM - 10:00 PM	Dinner at Zakhangg

Organized by : Bhutan Bodybuilding Association

Sanction by : Bhutan Olympic Committee

Under the umbrella of the World Bodybuilding & Physique Sports Federation,
Asian Bodybuilding & Physique Sports Federation, South Asian Bodybuilding & Physique Sports Federation



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FRIDAY 3RD JULY 2026

DAY 4

06:00 AM - 09:00 AM	Breakfast at Zakhangg
12:00 PM - 02:00 PM	Lunch at Zakhangg
02.30 PM ONWARDS	Commencement of the finals and prize distribution TOTAL OF 9 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) Mix Pair (One open Category) Overall Champion – MR SOUTH ASIA 2026 Men's Team Championship Women's Team Championship Closing Ceremony
07:00 PM - 10:00 PM	Farewell Dinner at Zachum – Authentic Bhutanese Restaurant

SATURDAY 4TH JULY 2026

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 SABPF Standing Sub-Committee members.

IMPORTANT

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

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