



2025 IFBB Event Calendar

PLEASE NOTE:

TBA = To be announced

Judges Seminars = Yellow

Provincial/ Novice Shows = Blue

Sanctioned Shows/International Shows = Green

Fitness Challenge = Purple

Athlete Seminar = White

January 2025

Show/Event Name	Date	Province	Venue	Contact Person
National IFBB SGM (IFBB Chairmen/ Chair Ladies & Executive)	25-26 January 2025	Gauteng	TBA	

February 2025

Show/Event Name	Date	Province	Venue	Contact Person
IFBB Gauteng Central New Judges Seminar	22 February 2025	Gauteng	TBA	Helena 0642382623 Hennie 0639007774
West Rand Road Shows & Awareness	22 February 2025	Gauteng	All Gyms	Donald 0789295641 Albert 0718690956

March 2025

Show/Event Name	Date	Province	Venue	Contact Person
Fitness Challenge	15 March 2025	Western Cape	TBA	Claude 0844135229
Gauteng Central Athlete and Posing Seminar	15 March 2025	Gauteng	TBA	Helena 0642382623 Hennie 0639007774
West Rand Colleges & High Schools Road Shows & Awareness	28 March 2025	Gauteng	All Colleges and High Schools	Donald 0789295641 Albert 0718690956

April 2025

Show/Event Name	Date	Province	Venue	Contact Person
IFBB Millennium Gold Plate	12 April 2025	Gauteng	TBA	Helena 0642382623 Hennie 0639007774
Sunfest Gauteng BB and Fitness challenge	26 April 2025	Gauteng	TBA	Michelle 083 626 7631

May 2025

Show/Event Name	Date	Province	Venue	Contact Person
Sunfest Africa International Bodybuilding & Fitness Challenge	16-18 May 2025	Gauteng	TBA	Michelle 083 626 7631
Fitness Challenge	31 May 2025	Western Cape	TBA	Claude 0844135229
East Coast Classic	31 May 2025	Kwazulu Natal	TBA	Darren 0820813935
West Rand Athlete and Posing Seminar	31 May 2025	Gauteng	TBA	Donald 0789295641 Albert 0718690956

PRO CARD
EVENT



June 2025

Show/Event Name	Date	Province	Venue	Contact Person
West Rand Novice and Intermediate Show	28 June 2025	Gauteng	TBA	Donald 0789295641 Albert 0718690956
USSA Nationals	29 June 2024	Kwazulu Natal	DUT Durban	Mihlali 0649047688 0763912804

July 2025

Show/Event Name	Date	Province	Venue	Contact Person
North West Intermediate Show	5 July 2025	North West	Potchefstroom	Braam 0826860977
Nelson Mandela Provincial Show	26 July 2025	Eastern Cape	TBA	Eugene 0721555319
Gauteng North Provincial Show	26 July 2025	Gauteng	TBA	Daddy 0832551893
Western Cape Provincial Show	26 July 2025	Western Cape	TBA	Claude 0844135229

August 2025

Show/Event Name	Date	Province	Venue	Contact Person
Fitness Challenge Team Selection	2 August 2025	Western Cape	TBA	
Mpumalanga Provincial Show	2 August 2025	Mpumalanga	TBA	Juan 0720999500
Ekurhuleni Regional Show	2 August 2025	Gauteng	TBA	Lani 0664678937
North West Provincial Show	2 August 2025	Rustenburg	TBA	Braam 0826860977
Buffalo City Regional Show	2 August 2025	Eastern Cape	TBA	Eugene 0721555319
Sedibeng Regional Show	2 August 2025	Gauteng	TBA	Marco 0833935844
OR Tambo Regional Show	9 August 2025	Eastern Cape	TBA	Eugene 0721555319
Gauteng Central Regional Show & Elections	16 August 2025	Gauteng	TBA	Helena 0642382623 Hennie 0639007774
West Rand Regional Show & Elections	16 August 2025	Gauteng	TBA	Donald 0789295641 Albert 0718690956
KZN Provincial Show	23 August 2025	Kwazulu Natal	TBA	Darren 0820813935

September 2025

Show/Event Name	Date	Province	Venue	Contact Person
National IFBB AGM (IFBB Chairmen/ Chair Ladies & Executive)	10 September 2025	Kwazulu Natal	TBA	
IFBB South African Championships	11 – 13 September 2025	Kwazulu Natal	The Junction, Kloof	Darren 0820813935

November 2025

Show/Event Name	Date	Province	Venue	Contact Person
IFBB XFE Classic	29 November 2025	Gauteng	TBA	Helena 0642382623 Hennie 0639007774
North West Novice and Development Show	29 November 2025	North West	Wolmaranstad	Braam 0826860977

December 2025

Show/Event Name	Date	Province	Venue	Contact Person
Sunfest KZN BB and Fitness Challenge	6 December 2025	Kwazulu Natal	TBA	Michelle 0836267631