



2025 IFBB Event Calendar

PLEASE NOTE:

TBA = To be announced

Shows where IFBB Pro Cards can be won = Red

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 |
| IFBB Western Cape New Judges Seminar | 22 February 2025 | Western Province | TBA | Claude 0844135229 |
| 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 |
| Gauteng North Athlete Seminar | 29 March 2025 | Gauteng | TBA | Marlene 0824167442 |
| Western Province Athlete Seminar | 29 March 2025 | Western Province | TBA | Claude 0844135229 |

April 2025

| Show/Event Name | Date | Province | Venue | Contact Person |
|--|---------------|------------------|-------|--|
| Western Province Novice Show | 12 April 2025 | Western Province | TBA | Claude 0844135229 |
| IFBB Millennium Gold Plate | 12 April 2025 | Gauteng | TBA | Helena 0642382623 Hennie 0639007774 |
| Northern Cape Classic | 26 April 2025 | Northern Cape | Kathu | Monique 0605084976 |
| Sunfest Gauteng BB and Fitness challenge | 26 April 2025 | Gauteng | TBA | Michelle 083 626 7631 |

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May 2025

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| 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 |

June 2025

| Show/Event Name | Date | Province | Venue | Contact Person |
|--|--------------|---------------|--|--|
| Gauteng North Posing Seminar | 14 June 2025 | Gauteng | TBA | Marlene 0824167442 |
| West Rand Novice and Intermediate Show | 28 June 2025 | Gauteng | TBA | Donald 0789295641 Albert 0718690956 |
| North West Athlete and Posing Seminar | 28 June 2025 | North West | Fitness Health Club, 528 MC Roode, Vryhoek, Potchefstroom | Braam 0826860977 |
| 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 |
| Western Cape Provincial Show | 26 July 2025 | Western Cape | TBA | Claude 0844135229 |
| IFBB Boksburg Classic | 26 July 2025 | Gauteng | TBA | Helena 0642382623 Hennie 0639007774 |

August 2025

| Show/Event Name | Date | Province | Venue | Contact Person |
|-------------------------------------|----------------|---------------|-------|---|
| Fitness Challenge Team Selection | 2 August 2025 | Western Cape | TBA | |
| 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 | |
| Mpumalanga Provincial Show | 9 August 2025 | Mpumalanga | TBA | Juan 0720999500 |
| OR Tambo Regional Show | 9 August 2025 | Eastern Cape | TBA | Eugene 0721555319 |
| Gauteng Provincial Show & Elections | 16 August 2025 | Gauteng | TBA | Lani 0664678937 Helena 0642382623 Donald 0789295641 Marco 0833935844 Daddy 0832551893 |
| West Rand Regional Show & Elections | 16 August 2025 | Gauteng | TBA | Albert 0718690956 |
| KZN Provincial Show | 23 August 2025 | Kwazulu Natal | TBA | Darren 0820813935 |
| Northern Cape Provincial Show | 30 August 2025 | Northern Cape | Kathu | Monique 0605084976 |



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 |
|--|------------------|---------------|--------------|--|
| Northern Cape Sunfest | 29 November 2025 | Northern Cape | Kathu | Monique 0605084976 |
| North West Novice and Development Show | 29 November 2025 | North West | Wolmaranstad | Braam 0826860977 |
| IFBB XFE Classic | 29 November 2025 | Gauteng | TBA | Helena 0642382623 Hennie 0639007774 |

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December 2025

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

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