



58TH ASIAN BODYBUILDING AND PHYSIQUE SPORTS CHAMPIONSHIPS 2026

22nd to 28th September 2026 - Bangkok City, Kingdom of Thailand

Organized by: Thailand Bodybuilding and Physique Sports Association

Under the umbrella of the Asian Bodybuilding and Physique Sports Federation

Approved and sanctioned by: World Bodybuilding and Physique Sports Federation &

Sports Authority of Thailand and National Sports Development Fund Under the supervision of Ministry of Tourism and Sports

: TENTATIVE DAILY PROGRAM :

22ND SEPTEMBER, 2026 (TUESDAY)	
	Arrival of the Executive Committee members of ABBF, all participating teams, officials together with ABBF Standing Sub-Committee members. Transportation shall be provided for those who have submitted their ARRIVAL DETAILS by 15th Aug, 2026.
12:00 PM ONWARDS	Check-in to the Official Hotel: Alexander Hotel in Bangkok Kingdom of Thailand. You will pay the registration fees at the hotel registration desk to the officials appointed by the ABBF together with the payment of the Spraying Fee which is mandatory at the same time.
12:00 PM – 02:00 PM	Lunch for all will be served at 2nd floor (lobby floor) Charinthorn Dining Room, Alexander Hotel on 22nd Sep 2026, provided the number of athletes & officials are informed in advance by 15th Aug 2026, and reach hotel before 2:00 pm otherwise, there will be no lunch served for those who fail to abide by this rule.
07:00 PM - 09:00 PM	Dinner will be served at the 2nd floor (Lobby floor) Charinthorn Dining Room at Alexander Hotel for everyone.
23RD SEPTEMBER, 2026 (WEDNESDAY)	
06:30 AM - 08:00 AM	Breakfast for officials and athletes at the 2nd floor (Lobby floor) Charinthorn Dining Room at Alexander Hotel.
09:00 AM - 10:30 AM	Team Managers Meeting and Judges Meeting at the Sky Room, Alexander Hotel.
11:00 AM 12:00 PM	ABBF Executive Council Meeting at the State Room on the 3rd floor, Busara Room, Alexandra Hotel. Only ABBF Executive Members are required to attend, including Chairman & Secretary of each Committee.
12:00 PM - 02:00 PM	Lunch will be served at the 2nd floor (Lobby floor) Charinthorn Dining Room at Alexander Hotel.

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19th Floor, Chaloeprakiat Bldg. 286 Sport Authority of Thailand, Ramkamhaeng Road, Bangkok, Bangkok 10240 - Thailand

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03:00 PM ONWARDS	ABBF Annual Congress at the 18th floor, Sky Room, Alexander Hotel. ALL DELEGATES MUST ATTEND THE CONGRESS. IT IS COMPULSORY.
07:30 PM - 09:30 PM	All delegates and athletes will have their dinner at the 2nd floor (Lobby floor) Charinthorn Dining Room at Alexander Hotel. Welcome Dinner at the 5th floor, Executive Lounge, Alexander Hotel.. FOR EXECUTIVE COUNCIL MEMBERS AND INVITED GUESTS ONLY.
24TH SEPTEMBER, 2026 (THURSDAY)	
06:30 AM - 08:30 AM	Breakfast for officials and athletes at the 2nd floor (Lobby floor) Charinthorn Dining Room at Alexander Hotel.
09:00 AM ONWARDS	Weigh-in of all Body Weight Categories and Height Measurements and Checking of Age Groups at the State Room on the 5th floor, Evergreen Room, Alexander Hotel. (Athletes compete in Junior and Master Category must bring along their passport) and accompanied either by their Team Manager or Coach only. No other officials will be allowed to enter the weigh-in room.
12:00 PM - 02:00 PM	Lunch for all officials and athletes at the 2nd floor (Lobby floor) Charinthorn Dining Room at Alexander Hotel.
07:00 PM - 09:00 PM	Dinner for officials and athletes at the 2nd floor (Lobby floor) Charinthorn Dining Room at Alexander Hotel.
25TH SEPTEMBER, 2026 (FRIDAY)	
06:30 AM - 08:30 AM	Breakfast for the officials and athletes at the 2nd floor (Lobby floor) Charinthorn Dining Room at Alexander Hotel.
09:30 AM ONWARDS	Pre-judging & Finals at the Royal Ball Room on the Ground Floor of the Official Hotel. TOTAL OF 18 EVENTS <ul style="list-style-type: none"> • Men's Junior Bodybuilding up to 75 kg & Over 75 kg (2 Categories) • Men's Bodybuilding 55kg, 60kg, 65kg, 70kg (4 Categories) • Women's Junior Fitness Physique up to 21 years (Open Category) • Women's Senior Fitness Physique up to 165 cm and over 165 cm (2

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	<p>categories)</p> <ul style="list-style-type: none"> • Women's Junior Model Physique up to 21 years (Open Category) • Women's Swimsuit Model Physique up to 165 & over 165 cm (2 Categories) • Men's Master Bodybuilding 40-49 year up to and over 80 kg (2 categories) • Men's Master Bodybuilding 50-60 years up to and over 80 kg (2 Categories) • Men's Master Bodybuilding Over 60 years (Open Category) • Mixed Pairs (Free Posing and Quarter Turns only) <p>Lunch will be provided to all delegates and athletes from 12:00 PM to 02:30 PM</p>
03:00 PM	Opening Ceremony and March-Past Parade.
04:00 PM ONWORDS	Final Round & Prize Distribution
07:00 PM - 09:00 PM	Dinner for officials and athletes at the 2nd floor (Lobby floor) Charinthorn Dining Room at Alexander Hotel.
26TH SEPTEMBER, 2026 (SATURDAY)	
06:30 AM - 08:30 AM	Breakfast for the officials and athletes at the 2nd floor (Lobby floor) Charinthorn Dining Room at Alexander Hotel.
09:00 AM ONWORDS	<p>Prejudging & Finals for the ABBF Championships at the Royal Ballroom on the Ground Floor of the Official Hotel.</p> <p>TOTAL OF 23 EVENTS</p> <ul style="list-style-type: none"> • Men's Fitness Physique up to 170 cm, over 170 cm (2 Categories) • Men's Bodybuilding 75kg, 80kg, 85kg (3 Categories) • Women's Bodybuilding up to 55 & over 55 kg (2 Categories) • Women's Model Physique up to 155cm, 160cm, 165cm, (3 Categories) • Men's Sports Physique up to 170cm, 175cm, 180cm & over 180 cm (4 categories) • Women's Sport Physique up to 165cm & over 165cm (2 Categories) • Women's Ladies Sports Physique over 35 years (Open Category) • Men's Athletic Physique up to 160 cm, 167 cm, 175 (3 Categories) • Women's Athletic Physique up to and over 165 cm (2 Categories) • Women's Ladies Athletic Physique over 35 years old (Open Category) <p>Lunch will be provided to all delegates and athletes from 12:00 PM to 02:30 PM</p>

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07:00 PM - 09:00 PM	Dinner for officials and athletes at the 2nd floor (Lobby floor) Charinthorn Dining Room at Alexander Hotel.
27TH SEPTEMBER, 2026 (SUNDAY)	
06:30 AM - 08:30 AM	Breakfast for the officials and athletes at the 2nd floor (Lobby floor) Charinthorn Dining Room at Alexander Hotel.
09:00 AM ONWORDS	Prejudging & Finals at the Royal Ballroom on the Ground Floor of the official hotel. TOTAL OF 9 EVENTS <ul style="list-style-type: none"> Men's Bodybuilding 90kg, 100kg, over 100kg (3 categories) Men's Athletic Physique up to 182 & over 182 cm (2 Categories) Women's Wellness Physique (Open Category) Women's Model Physique up to 170cm and over 170cm (2 Categories) Women's Ladies Model Physique over 35 years old (Open Category)
05:00 PM ONWORDS	Closing Ceremony & Final Prize Distribution <ul style="list-style-type: none"> Men's Team Champions Women's Team Champions Overall Champion ABBF MR. ASIA 2026 <p>NOTE: ALL TEN (10) BODYBUILDING CATEGORY WINNERS MUST PARTICIPATE IN THE OVERALL MR. ASIA TITLE COMPETITION.</p>
07:00 PM ONWORDS	Farewell Party for all the Athletes, Officials, Delegates and Supporters at The Pool side (outdoor) 5th floor or 18th floor Sky and Cloud Room, Alexander Hotel.
28TH SEPTEMBER, 2026 (MONDAY)	
06:30 AM - 09:30 AM	Breakfast for officials and athletes at the 2nd floor (Lobby floor) Charinthorn Dining Room at Alexander Hotel.
12:00 PM ONWORDS	Departure.

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