The Christmas Natural Bodybuilding Show

December 5, 2026

Prejudging

Teen Categories

Classic Physique
Men's Physique
Fit Model

Pro Categories

Pro Men's Bodybuilding Open
Pro Men's Bodybuilding 60+
Pro Men's Bodybuilding 50+
Pro Men's Bodybuilding 40+

Pro Men's Classic Physique Open
Pro Men's Classic Physique 60+
Pro Men's Classic Physique 50+
Pro Men's Classic Physique 40+

Pro Men's Physique Open
Pro Men's Physique Masters 60+
Pro Men's Physique Masters 50+
Pro Men's Physique Masters 40+

Pro Women's Bodybuilding Open
Pro Women's Bodybuilding Masters 60+
Pro Women's Bodybuilding Masters 50+
Pro Women's Bodybuilding Masters 40+

Pro Women's Physique Open
Pro Women's Physique Masters 60+
Pro Women's Physique Masters 50+
Pro Women's Physique Masters 40+

Pro Women's Figure Open
Pro Women's Figure Masters 60+
Pro Women's Figure Masters 50+
Pro Women's Figure Masters 40+

Pro Women's Wellness Open
Pro Women's Wellness Masters 60+
Pro Women's Wellness Masters 50+
Pro Women's Wellness Masters 40+

Pro Women's Bikini Open
Pro Women's Bikini Masters 60+
Pro Women's Bikini Masters 50+
Pro Women's Bikini Masters 40+

INTERMISSION 15 MINS

Amateur Categories

Men's Bodybuilding Open
Men's Bodybuilding Masters 60+
Men's Bodybuilding Masters 50+
Men's Bodybuilding Masters 40+
Men's Bodybuilding Novice
Men's Bodybuilding True Novice

Men's Classic Physique Open
Men's Classic Physique Masters 60+
Men's Classic Physique Masters 50+
Men's Classic Physique Masters 40+
Men's Classic Physique Novice
Men's Classic Physique True Novice

Men's Physique Open
Men's Physique Masters 60+
Men's Physique Masters 50+
Men's Physique Masters 40+
Men's Physique Novice
Men's Physique True Novice

INTERMISSION 30 MINS

Women's Fit Model Open
Women's Fit Model Masters 60+
Women's Fit Model Masters 50+
Women's Fit Model Masters 40+
Women's Fit Model Novice
Women's Fit Model True Novice

Women's Bodybuilding Open
Women's Bodybuilding 60+
Women's Physique Masters 50+
Women's Physique Masters 40+
Women's Physique Novice
Women's Physique True Novice

Women's Physique Open
Women's Physique Masters 60+
Women's Physique Masters 50+
Women's Physique Masters 40+
Women's Physique Novice
Women's Physique True Novice

Women's Figure Open
Women's Figure Masters 60+
Women's Figure Masters 50+
Women's Figure Masters 40+
Women's Figure Novice
Women's Figure True Novice

Women's Wellness Open
Women's Wellness Masters 60+
Women's Wellness Masters 50+
Women's Wellness Masters 40+
Women's Wellness Novice
Women's Wellness True Novice

Women's Bikini Open
Women's Bikini Masters 60+
Women's Bikini Masters 50+
Women's Bikini Masters 40+
Women's Bikini Novice
Women's Bikini True Novice

INTERMISSION 15 MINS

Non Bodybuilding Categories

Men's GQ Open
Men's GQ Masters 70+
Men's GQ Masters 60 to 69
Men's GQ Masters 50 to 59

Women's Evening Gown Open
Women's Evening Gown Masters 70+
Women's Evening Gown Masters 60 to 69
Women's Evening Gown Masters 50 to 59

Transformation
Male Transformations
Female Transformations

Finals

Following the same format as above