

IFBB / NPC Nashville Fit Show

Schedule of Events

Friday Schedule – August 20, 2021

*Opryland Hotel & Convention Center
2800 Opryland Dr, Nashville, TN 37214*

- 3pm-8pm Liquid Sun Rayz Spray Tanning – in Room **Canal A**
Stage Ready Hair & Makeup will also be in Room Canal A Saturday morning
- 4pm-6pm *Mandatory* Athlete Check-ins – **Delta Ballroom Lobby**
- 6pm IFBB Pro Athlete Meeting
- 6:30pm Sandy's Seminar

Saturday Schedule – August 21, 2021

*Opryland Hotel & Convention Center
2800 Opryland Dr, Nashville, TN 37214
PARKING: Free at the mall or \$20-40 at the hotel

- 7:30am TICKET Sales & COVID Compliance Table Open
- 8:00am Mandatory Competitor's Meeting** in the Delta Ballroom
- 8:30am Ballroom Doors Open to Public – EXPO Begins
- 9:00am PREJUDGING** Begins
- 11:00am IFBB Pro League Bikini & Bikini Masters 35+**
****(NPC show will stop for IFBB Pros to go on stage & resume when finished)*
- 1pm Expo Closes (*estimated time only*)
- BREAK
- 3:30pm TICKET Sales & COVID Compliance Table Open
- 4:00pm Mandatory Competitor's Meeting** in the Delta Ballroom
- 4:15pm Delta Ballroom Doors Re-Open to Public
- 5:00pm FINALS** Begin
- 7:00pm IFBB Pro League Bikini & Bikini Masters 35+**
****(NPC show will stop for IFBB Pros to go on stage & resume when finished)*

****Schedule is subject to change****

2021 NPC Nashville Fit Show

8am PREJUDGING and 5pm FINALS Order of Events

Fitness Teen Class (18-19 yrs old)

Fitness OPEN Class

Women's Bodybuilding OPEN Class

Women's Physique Masters Classes: 35+ & 45+

Women's Physique OPEN

Wellness True Novice

Wellness Novice

Wellness Masters 35+

Wellness OPEN: Class A & B

Figure True Novice: Class A, B, C

Figure Novice: Class A, B, C

Figure Masters Classes: 35+ 45+ and 55+

Figure Hero Class

Figure OPEN: Class A, B, C, D

Bikini True Novice: Class A-H

Bikini Novice: Class A-H

Bikini Collegiate

Bikini Masters 35+ Classes A, B, C

Bikini Masters 45+ Classes A, B, C

Bikini Masters 55+ Class

Bikini Hero Class

Bikini Open: Class A-H

****Schedule is subject to change****