

2010 Michigan NPC Schedule

Bodybuilding, Fitness, Figure and Bikini Competitions

Jan 2010						
S	M	T	W	T	F	S
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

Feb 2010						
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28						

Mar 2010						
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Apr 2010						
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May 2010						
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Jun 2010						
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27	28	29	30			

March

- 6** IFBB Arnold Classic (Columbus, OH/614-431-3600)
- 20** Novice Michigan Bodybuilding, Fitness, Figure and Bikini Championships (Detroit/248-909-6272 or ProFitnessGroup@hotmail.com)
- Wheelchair Nationals (Palm Beach, FL/561-627-9638)
- 27** John Simmons Powerhouse Classic and Jennifer D. Peckham Fitness, Figure and Bikini Championships (National Qualifier) (Detroit/248-910-4344)

April

- 3** Kalamazoo Bodybuilding and Figure Championships (Kalamazoo/269-629-4132)
- 24** Flint/Mid-Michigan Natural Bodybuilding, Fitness, Figure, Bikini and Wheelchair Championships (Drug-Tested) (Flint/810-265-9416 or News@MichiganNPCnews.com)

May

- 8** MICHIGAN BODYBUILDING, FITNESS, FIGURE AND BIKINI STATE CHAMPIONSHIPS (National Qualifier) (Detroit/Office of Will and Norm Dabish: 248-871-9867 or 734-730-0351 or motorcityfitness@provide.net)
- 22** Grand Rapids/Novice Grand Rapids Bodybuilding, Fitness, Figure and Bikini (National Qualifier) (Grand Rapids/616-893-3368)

June

- 19** Jr. Nationals (Chicago, IL/407-876-4467 or pambetz@aol.com)
- 26** Great Lakes/Ironman Natural Bodybuilding, Fitness, Figure and Bikini (Drug-Tested) (Flint/810-265-9416 or News@MichiganNPCnews.com)

July

- 10** Team Universe (Hackensack, NJ/516-933-1111 or bevsgym@optonline.net)
- 17** Natural Michigan Bodybuilding Championships and Nicole Wilkins Fitness and Figure Classic (Drug-Tested) (Detroit/248-909-6272 or ProFitnessGroup@hotmail.com)
- 24** Teen, Collegiate and Masters Nationals (Pittsburgh, PA/412-377-1438 or garyudit@comcast.net)
- 31** USA Championships (Las Vegas, NV/310-796-9181 or jon@musclecontest.com)

August

- 14** Central States Bodybuilding and Melissa Frabbie, Fitness, Figure and Bikini Championships (National Qualifier) (Detroit/734-730-0351 or motorcityfitness@provide.net)
- 28** Jr. USA (Stafford, TX/843-270-4373 or tresb@comcast.net)

September

- 4** IFBB North Americans (Cleveland, OH/412-377-1438 or garyudit@comcast.net)
- 11** Southwest Michigan Bodybuilding and Figure (Kalamazoo/269-629-4132)
- 18** Michigan Men's Pro 202 and Pro Bikini Championships with John Simmons Bodybuilding, Fitness, Figure and Bikini Championships (National Qualifier) (Detroit/248-910-4344)

October

- 16** National Championships (Atlanta, GA/407-876-4467 or pambetz@aol.com)
- 23** Western Michigan Bodybuilding, Fitness, Figure and Bikini (National Qualifier/Guest Poser: Jay Cutler) (Grandville/734-730-0351 or motorcityfitness@provide.net)

Jul 2010						
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Aug 2010						
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Sep 2010						
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Oct 2010						
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Nov 2010						
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Dec 2010						
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