

FRIDAY 09/18											
	THE LOOP	MAIN STAGE	WORLD'S LARGEST SAUNA	COLD IMMERSION	ZEN ZONE	COMMUNITY GYM	LEARNING LAB	HOBBY HABITAT	RECOVERY ROW	EXPERIENTIAL EXPO	FOOD & BEVERAGE
12	PACKET PICKUP & CHECK IN	PACKET PICKUP & CHECK IN	FREE FLOW	COOL + CONNECT - OPEN COLD SESSION				CREATE + EXPRESS	EXPLORE + RESTORE - FULL BODY RECOVERY	ENGAGE + EXPERIENCE	LUNCH SERVICE
01											
02	INTENTION SETTING WALK				CALM & CENTER-BREATHWORK	BUILT STRONG- FULL BODY STRENGTH	YOU'RE NOT BURNT OUT, YOU'RE DYSREGULATED - A SESSION ON NERVOUS SYSTEM REGULATION				
03	SHAKE OUT RUN				BE HERE NOW- INTENTION SETTING	LENGTHEN & LIFT- MAT PILATES	YOU CAN'T OUTWORK BAD SLEEP- A SESSION ON SLEEP OPTIMIZATION				DINNER SERVICE
04			SING ALONG SAUNA		ALIGN & ELEVATE- YOGA	PUSH THE PACE-HIIT	BEYOND YOUR YEARS- A SESSION ON BIOLOGICAL AGE VS. ACTUAL AGE AND WHAT YOU CAN DO ABOUT IT				
05	BEER MILE		FREE FLOW		FUTURE SELF ACTIVATION- MANIFESTATIONS & AFFIRMATIONS	TENSION & TONE- BOOTY BAND CLASS	CAN I HAVE YOUR ATTENTION? A SESSION ON DIGITAL WELLNESS				
06					DROP IN & BREATHE- BREATHWORK	FULL BODY POWER- FULL BODY STRENGTH	WHAT YOUR MOUTH IS TELLING YOU - A SESSION ON ORAL HEALTH				
07	OPENING CEREMONIES with Jesse Itzler & Devon Levesque										
08	PICKLE EATING CONTEST presented by Suckerpunch Pickles										
	★ STEFFANI LEFEVOUR KEYNOTE ★										
	★ INKY JOHNSON KEYNOTE ★										
09											
10		STRUMS & SMORES- ACOUSTIC SET AND FIRESIDE HANGOUT									
11											

*Times and events are subject to change

SATURDAY 09/19											
	THE LOOP	MAIN STAGE	WORLD'S LARGEST SAUNA	COLD IMMERSION	ZEN ZONE	COMMUNITY GYM	LEARNING LAB	HOBBY HABITAT	RECOVERY ROW	EXPERIENTIAL EXPO	FOOD & BEVERAGE
07	CHECK IN FOR RACE DAY PASS HOLDERS	MAIN STAGE JAMS									
08	ACTIVATE & ACCELERATE GROUP WARM UP										MORNING CAFE
09	THE RACE & TRACKSIDE EXPERIENCES										
10											
11			FREE FLOW			RETURN TO STILLNESS- MEDITATION		CUT THROUGH THE NOISE A SESSION ON MAKING WELLNESS WORK FOR YOU			
12						FLOW & RESTORE- YOGA	SCULPT & STRETCH- MAT PILATES	BEYOND SUPPLEMENTS A SESSION ON THE WORLD OF INJECTABLES			
01				SING ALONG SAUNA	COOL + CONNECT - OPEN COLD SESSION	CALL IT IN & CLAIM IT- MANIFESTATIONS & AFFIRMATIONS	RUN IT UP- HIIT	TRUST YOUR GUT A SESSION ON GUT HEALTH			
02		FREE FLOW	RHYTHM & BREATHE- BREATHWORK	SLOW BURN- ISOMETRICS		YOU'RE CLOSER THAN YOU THINK A SESSION ON MANIFESTING			ENGAGE + EXPERIENCE	LUNCH SERVICE	
03		RECOVERY STRETCH	QUIET THE NOISE- MEDITATION			IN SYNC A SESSION FOR WOMEN AROUND HORMONES	CREATE + EXPRESS	EXPLORE + RESTORE - FULL BODY RECOVERY			
04			POWER & PRESENCE - YOGA			WHAT YOUR SKIN IS TELLING YOU- A SESSION FOR WOMEN AROUND HORMONES					
05						THE LONELINESS PARADOX A SESSION ON RELATIONSHIPS, HOW WE SHOW UP FOR OURSELVES AND OTHERS					
06			FREE FLOW								
07		RACE DAY RECAP									
08		MUSICAL SPECIAL GUESTS									
09		WILDE AFTER DARK AFTER PARTY WITH THE RUNNINGMAN BAND									
10											
11											

*Times and events are subject to change

SUNDAY 09/20											
	THE LOOP	MAIN STAGE	WORLD'S LARGEST SAUNA	COLD IMMERSION	ZEN ZONE	COMMUNITY GYM	LEARNING LAB	HOBBY HABITAT	RECOVERY ROW	EXPERIENTIAL EXPO	FOOD & BEVERAGE
06											
07		MAIN STAGE JAMS	FREE FLOW	COOL + CONNECT - OPEN COLD SESSION				CREATE + EXPRESS	EXPLORE + RESTORE - FULL BODY RECOVERY	ENGAGE + EXPERIENCE	MORNING CAFE
08	REFLECTION WALK		DEEP STRETCH								
09			FREE FLOW		LOOK BACK, MOVE FORWARD- REFLECTION		YOU'RE A PRODUCT OF YOUR ENVIRONMENT- A SESSION ON HOW YOUR ENVIRONMENT SHAPES YOUR HEALTH				
10					RESTORE & RECOVER- YOGA		TRACK IT OR TRUST IT? A SESSION ON WEARABLES, THE NUMBERS, HOW TO READ THEM, WHAT THEY REALLY MEAN				LUNCH SERVICE
11											
12											

*Times and events are subject to change