

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	MAIN STAGE JAMS	FREE FLOW	COOL + CONNECT - OPEN COLD SESSION				CREATE + EXPRESS			LUNCH SERVICE			
01														
02	INTENTION SETTING WALK WITH RACHEL MARTIN		SING ALONG SAUNA WITH DEE WIZ			RUNNER'S INTRO TO HYROX	STRENGTH IN VULNERABILITY – WHY THE STRONGEST LEADERS ARE WILLING TO CONFRONT THEIR HARDEST TRUTHS WITH MICHAEL CHERNOW							
03	SINGLES SHAKE OUT RUN WITH JAKE RATH		FREE FLOW		BE HERE NOW- INTENTION SETTING WITH JORDAN WILLIAMS	BUILT STRONG- FULL BODY STRENGTH WITH DEREK PRATT	YOU CAN'T OUTWORK BAD SLEEP – A SESSION ON SLEEP OPTIMIZATION WITH TODD ANDERSON	DR. DOUGS						
04			FEEL GOOD NOW GUIDED CLASS BY OTHERSHIP		ALIGN & ELEVATE- YOGA WITH CARLY MILYO	TENSION & TONE- BOOTY BAND CLASS WITH CASSIE COSTA	WHAT'S YOUR MISDB? – THE POWER OF PUTTING SOMETHING HARD ON THE CALENDAR EVERY YEAR WITH JESSE ITZLER AND ANDY GLAZE	CREATE + EXPRESS			EXPLORE + RESTORE - FULL BODY RECOVERY	ENGAGE + EXPERIENCE		
05	BEER MILE		HIP HOP INFERNO FLOW HOT YOGA WITH JORDAN WILLIAMS		DROP IN & BREATHE- BREATHWORK WITH DERRICK BOYO	RUNNER'S INTRO TO HYROX	CAN I HAVE YOUR ATTENTION? – HOW TO RECLAIM YOUR FOCUS, CREATE HEALTHIER BOUNDARIES WITH TECHNOLOGY, BE MORE PRESENT IN A HYPER-CONNECTED WORLD WITH AUGUST BRICE	SAFELY						
06					TOE YOGA WITH DR. COURTNEY CONLEY & ALTRA	LENGTHEN & LIFT- MAT PILATES WITH AVERY HINCHMAN	INSIDE HYROX – HOW TO PREPARE, PERFORM, AND MAKE THE MOST OF RACE DAY							
07			OPENING CEREMONIES with Jesse Itzler & Devon Levesque		FREE FLOW				CREATE + EXPRESS					
08			PICKLE EATING CONTEST presented by Suckerpunch Pickles											
			★ STEFFANI LEFEVOUR KEYNOTE											
		★ INKY JOHNSON KEYNOTE												
09		STRUMS & SMORES- ACOUSTIC SET AND FIRESIDE HANGOUT												
10														
11														

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											MORNING CAFE		
09	ACTIVATE & ACCELERATE GROUP WARM UP		FREE FLOW	COOL & CONNECT				CREATE + EXPRESS					
10	THE RACE & TRACKSIDE EXPERIENCES												
11			RESET GUIDED CLASS BY OTHERSHIP							SPROUTING – HOW ONE OF THE SIMPLEST FOODS CAN BECOME A POWERFUL TOOL FOR BETTER NUTRITION AND EVERYDAY HEALTH WITH DOUG EVANS			
12			FREE FLOW		FLOW & RESTORE- YOGA WITH JORDAN WILLIAMS	HYROX X RUNNINGMAN: THE ULTIMATE CHALLENGE	WHAT YOUR MOUTH IS TELLING YOU – A SESSION ON ORAL HEALTH WITH DR. STACI WHITMAN						
01			SING ALONG SAUNA WITH DEE WIZ		RHYTHM & BREATH- BREATHWORK WITH DERRICK BOYD	SCULPT & STRETCH- MAT PILATES WITH AVERY HINCHMAN	THE LONELINESS PARADOX- A SESSION ON RELATIONSHIPS, HOW WE SHOW UP FOR OURSELVES AND OTHERS WITH SAMANTHA SALVADOR	DR. DOUGS			LUNCH SERVICE		
02													
03			FREE FLOW		FLOW INTO STRONG WITH ALEX SILVER- FAGAN	SELF DEFENSE WITH SAFELY	BECOMING SOMEONE WORTH LISTENING TO: THE GUIDE TO BUILDING INFLUENCE ON THE INTERNET WITH MICHAEL SMOAK	CREATE + EXPRESS	EXPLORE + RESTORE - FULL BODY RECOVERY	ENGAGE + EXPERIENCE			
04			FEEL GOOD NOW GUIDED CLASS BY OTHERSHIP		BREATHWORK & MOVEMENT WITH MIKE HOLLAND	HYROX X RUNNINGMAN: THE ULTIMATE CHALLENGE	BECOME THE CEO OF YOUR HEALTH: 5 BIOMARKERS THAT PREDICT YOUR LONGEVITY AND HOW TO OPTIMIZE TODAY WITH DREW DREILING						
05					POWER & PRESENCE - YOGA WITH AVERY HINCHMAN		THE LONG GAME – WHAT ENDURANCE RUNNING TEACHES US ABOUT MINDSET, CONSISTENCY, PATIENCE, AND THE POWER OF SHOWING UP YEAR AFTER YEAR WITH HARVEY LEWIS AND ANDY GLAZE	SAFELY					
06									YOU'RE NOT BURNT OUT, YOU'RE DYSREGULATED – A SESSION ON NERVOUS SYSTEM REGULATION WITH ELLEN VORA				HAPPY HOUR WITH EVERYDAY DOSE FEATURING A DJ SET WITH TJ MIZELL
07						FREE FLOW					CREATE + EXPRESS		
08			RACE DAY RECAP										
09		MUSICAL PERFORMANCE BY COUNTRY ROAD											
10		WILDE AFTER DARK AFTER PARTY WITH THE RUNNINGMAN BAND											
11													

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				CREATE + EXPRESS	EXPLORE + RESTORE - FULL BODY RECOVERY		
08	REFLECTION WALK WITH RACHEL MARTIN		GRATITUDE GUIDED OTHERSHIP CLASS								
09					BREATHWORK AND MOVEMENT WITH MIKE HOLLAND						
10			FREE FLOW		RESTORE & RECOVER- YOGA WITH CARLY MILYO						
11											
12							PUSHING BEYOND – HOW TO TURN YOUR “WHAT IFS” INTO REALITY WITH BROOKE JOHNSON				
							BEYOND RUNNINGMAN – TURNING THE WEEKEND'S LESSONS, EXPERIENCES, AND CONNECTIONS INTO LASTING HABITS AND MEANINGFUL CHANGE WITH STEFFANI LEFEVOUR			ENGAGE + EXPERIENCE	MORNING CAFE
											LUNCH SERVICE