

	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 MISSOPI? - THE POWER OF PUTTING SOMETHING HARD ON THE CALENDAR EVERY YEAR WITH JESSIE ITZLER AND ANDY DIAZE				
05			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			EXPLORE + RESTORE - FULL BODY RECOVERY	
06	BEER MILE					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			SAFELY	
07			OPENING CEREMONIES with Jessie Itzler & Devon Levesque									
08			PICKLE EATING CONTEST presented by Suckerpunch Pickles									
09			★ STEFFANI LEFEVOUR KEYNOTE ★									
10		★ INKY JOHNSON KEYNOTE ★	FREE FLOW					CREATE + EXPRESS				
11		STRUMS & SMORES- ACOUSTIC SET AND FIRESIDE HANGOUT										

SATURDAY
09/19

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