

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				
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				DINNER SERVICE
05	BEER MILE				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		FREE FLOW						
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			COOL + CONNECT - OPEN COLD SESSION					CREATE + EXPRESS	EXPLORE + RESTORE - FULL BODY RECOVERY	ENGAGE + EXPERIENCE
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		CALL IT IN & CLAIM IT- MANIFESTATIONS & AFFIRMATIONS	RUN IT UP- HIIT	TRUST YOUR GUT A SESSION ON GUT HEALTH				
02											
03			FREE FLOW		RHYTHM & BREATH- BREATHWORK	SLOW BURN- ISOMETRICS	YOU'RE CLOSER THAN YOU THINK A SESSION ON MANIFESTING				
04			RECOVERY STRETCH		QUIET THE NOISE- MEDITATION		IN SYNC A SESSION FOR WOMEN AROUND HORMONES				
05					POWER & PRESENCE - YOGA		WHAT YOUR SKIN IS TELLING YOU- A SESSION FOR WOMEN AROUND HORMONES				
06							THE LONELINESS PARADOX A SESSION ON RELATIONSHIPS, HOW WE SHOW UP FOR OURSELVES AND OTHERS				
07			FREE FLOW								
08		RACE DAY RECAP									
09		COUNTRY ROAD, FEATURED ACT A FULL SET OF COUNTRY HITS									
10		WILDE AFTER DARK AFTER PARTY WITH THE RUNNINGMAN BAND									
11											
										DINNER SERVICE	

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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											

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