

FRIDAY			
TIME	RADISSON RED HOTEL	TIME	BRUNEL ROOMS
18:00-21:00	Early event Check in - 2nd floor bar	16:30-17:30	VIP ticket only - Business Mastermind class
19:00-23:00	Welcome Mixer	18:00-19:00	Healthy Steps Nutrition Workshop

SATURDAY							
TIME	SEMINAR ROOM 1	TIME	SEMINAR ROOM 2	TIME	ROGUE GYM ARENA	TIME	VENDOR VILLAGE STAGE
07:30-09:00	Event Check in - Allianz Stadium			06:00-06:50	Workout with Mayhem		
				07:00-07:50	Workout with Mayhem		
09:00-09:25	Welcome Meeting						
09:30-10:20	Help Best: Free Gifts From Coop Chris Cooper	09:40-10:30	“The Rise of the Longevity Hub: The Gym-Doctor Partnership Leading the Next Health Revolution” Dr Gaurav Gupta	09:40-10:30	Read the Room: Coaching and Programming for Who Actually Shows Up Mayhem Athlete		
10:20-11:00	BREAK	10:30-11:00	BREAK	10:30-11:00	BREAK	10:30-11:00	So, You’re Going To Your First Rugby Game? Colm O’Reilly’s Quick Guide to the Oval Ball
11:00-11:50	Beyond the PR: Driving Retention Through Coaching Wins and Purposeful Programming Christi Novak & the Mayhem team	11:10-12:00	From Passion to Powerhouse: Building a Fitness Brand That Stands the Test of Time Clayton Herbert	11:00-11:50	Snatch workshop with British Weight Lifting	11:00-11:30	AI without the Overwhelm: Real Solutions for Real Gym Problems Joleen Bingham
12:00-12:50	Project Mayhem: What We Have Learned Austin Malleolo	12:10-12:50	There are still clients in your town- you are just looking in the wrong place Per Mattsson	12:00-12:50	“The Best Hour of Their Week: Coaching Kids with Purpose, Play & Profit” RAW Kids	12:00-12:30	The fitness-retail crossover: How retail can transform your gym’s bottom line Matías Hernández
12:50-14:00	LUNCH	13:00-13:40	Breathwork workshop Chris Davies	12:50-13:40	Coaching crowds - going from 12 to 20 clients CrossFit UK	13:00-13:30	Your Gym Is More Than a Gym Hannah Mittoo
14:00-15:45	RUGBY MATCH	14:00-15:45	RUGBY MATCH	14:00-15:45	RUGBY MATCH		
16:00-16:50	Motivational Interviewing: How to get your clients to change their behaviour and stay with you for longer Sam Stacy	16:10-17:00	How to coach women in peri and post menopause - Annie Thorisdottir	16:00-16:50	Move With Purpose: Barbell Cycling, Machine Transitions, and Movement Efficiency. Mayhem Athlete	16:00-16:30	Your coaching team (or career) isn't growing – because you’re using the wrong tools Farran McKay
17:00-17:50	The Coaching Gap Is Costing You. Here's How to Fix It Oskar Johed & Kalle Solberg	17:10-18:00	6 Numbers that make or break you. A blueprint for financial clarity Tracy Irwin	17:00-17:50	VIP ticket holders only Workout with Mayhem	17:00-17:30	Creating a New Sport: From Functional Fitness to Olympic Ambition. Matt Lawrence & Florence Kum
17:50-19:00	Drinks & networking in Vendor Village	18:10-19:00	Breathwork workshop Chris Davies	18:00-19:30	CrossFit Affiliate Workout and Meet Up		
20:00-24:00	DINNER PARTY (buy a ticket online)						

SUNDAY							
TIME	SEMINAR ROOM 1	TIME	SEMINAR ROOM 2	TIME	ROGUE GYM ARENA	TIME	VENDOR VILLAGE STAGE
07:00-08:00	5km Ruck through the Stadium led by GoRuck			06:00-06:50	Workout with Mayhem		
				07:00-07:50	Workout with Mayhem		
08:30-09:20	Build It Right: Proven Systems to Launch & Scale a Health Coaching Program in Your Gym Nicole Aucoin	08:40-09:30	Breaking the Overwhelm Cycle: How to Regain Control, Find Clarity, and Actually Enjoy Business Again Dan Aguilera	09:00-09:50	How to effectively develop gymnastic skills at all levels - why your members may not be progressing Barney Linssen	09:00-09:30	How ego hides in your coaching and leadership – and what to do about it Farran McKay
09:30-10:20	Q&A Annie Thorisdottir	09:40-10:30	Non Slimy Sales. Sell more = help more Nick Habich	10:00-10:50	Coaching Competitive Athletes in a Class Setting Mayhem Athlete	10:00-10:30	Q&A – Ask Tracy about your financial questions Tracy Irwin
10:20-11:00	BREAK	10:30-11:00	BREAK	11:00-11:50	Snatch workshop with British Weight Lifting	11:00-11:30	Training clients with depression & anxiety - strategies for real world coaching Sam Stacy
11:00-11:50	Leadership, Culture & the Affiliate's Role in the Future of CrossFit Rory McKearnan	11:10-12:00	The seven deadly sins of staffing Brian Foley	12:00-12:50	How to effectively develop gymnastic skills at all levels - why your members may not be progressing Barney Linssen	12:00-12:30	Stop hating your sales process – make more, work less! Josh Agdam
11:50-13:00	LUNCH	12:00-13:10	LUNCH		LUNCH		
13:00-13:50	The Athlete Brand Playbook: How to Create Magnetic Brand Experiences That Move People Clayton Herbert	13:10-14:00	The Future of Fitness: How Genetic Biohacking Can Transform Client Results Samantha Decombel	13:00-13:50	Clean & Jerk workshop with British Weight Lifting	13:00-13:50	Breathwork workshop Chris Davies
14:00-15:00	Q&A Rich Froning & Facundo	14:00-14:50	The New Way To Market Your Gym - The Best Way To Get Leads And Customers in 2025 and Beyond. Charlie Horton	14:00-14:50	Clean & Jerk workshop with British Weight Lifting	14:00-14:50	Beyond Reps and Cues: Moving Towards Transformational Coaching in CrossFit. Barney Linssen
15:00-15:30	Event wrap up						

NOTE: Schedule subject to change