

FRIDAY			
TIME	MARRIOTT	TIME	
18:00-21:00	Event Check in - Congress entrance	16:30-17:30	VIP ticket only - Business Mastermind class
19:00-23:00	Welcome Mixer by Velites - Congress lobby		

SATURDAY							
TIME	SEMINAR ROOM 1	TIME	SEMINAR ROOM 2	TIME	SINGULARWOD ARENA	TIME	ACTION LANE
07:30-09:00	Event Check in			06:00-06:50	Workout with Sara Alicia, Velites		
				07:00-07:50	Workout with HWPO		
				08:00-08:50	Tummo Breathing – Fire & Reset Chris Davies		
09:00-09:25	<b>WELCOME MEETING</b>						
09:30-10:20	Breaking the Overwhelm Cycle: How to Regain Control, Find Clarity, and Actually Enjoy Business Again Dan Aguilera	09:40-10:30	Mastering sales and marketing Miguel Borlido	10:00-10:50	Snatch Workshop by Michele Letendre	10:00-10:50	ErgShoot Workout Experience
10:20-11:00	<b>NETWORKING BREAK</b>						
11:00-11:50	Coaching great classes - A breakdown Josh Godinez	11:10-12:00	High Performance Without Burnout: Regulation as a Coaching Skill Vero Vegas	11:00-11:50	<b>NOCCO Power Hour</b>		
12:00-12:50	The Black Edition Model: Community Forged. Diogo Monteiro	12:10-13:00	Why Recognized Sports Governance Creates Sustainability For Athletes, Coaches, and Gym Owners Gretchen Kittelberger	12:00-12:50	Headstand and Handstand – Isometric Foundations for Building Strength Mélanie Zinggrebe	12:00-12:50	ErgShoot Workout Experience
12:50-14:00	<b>LUNCH &amp; NETWORKING BREAK</b>		<b>LUNCH &amp; NETWORKING BREAK</b>		<b>LUNCH &amp; NETWORKING BREAK</b>		<b>LUNCH &amp; NETWORKING BREAK</b>
14:00-14:50	The Golden Hour: 1 Hour a Day to Grow Your Gym Forever Saara Snellman	14:10-15:00	Deep Belonging: What a Decade in the Industry Has Taught Us About Creating Members for Life Fernanda Garcia Oropeza	14:00-14:50	Clean & Jerk Workshop Josh Godinez	14:00-14:50	ErgShoot Workout Experience
15:00-15:50	Creating Memorable Experience: We aren't Just Coaches, We're Leaders Michele Letendre	15:10-16:00	The Hidden Payroll: How to Get Paid for the Work You're Already Doing Dan Aguilera	15:00-15:50	Coach Development Workshop by CrossFit		
15:50-16:20	<b>NETWORKING BREAK</b>						
16:20-17:10	Grow a high performance team - Strategies to scale excellence in your team! Daniel Chaffey	16:30-17:20	The power of an adaptive program. Damon Vincent	16:00-17:15	Weightlifting Workshop by Lydia Valentin, Velites	16:00-16:50	ErgShoot Workout Experience
17:00-18:30	<b>Mingle in Vendor Village</b>		CrossFit affiliate meeting	17:30-18:20	VIP workout with HWPO		
19:30-24:00	DINNER PARTY (buy a ticket online)						

SUNDAY							
TIME	SEMINAR ROOM 1	TIME	SEMINAR ROOM 2	TIME	SINGULARWOD ARENA	TIME	ACTION LANE
				06:00-06:50	Workout with Sara Alicia, Velites		
				07:00-07:50	Workout with HWPO		
08:30-09:20	Future of Fitness in an AI World Jay DeCoons	08:40-09:30	Effective Coaching and Motivational Environments Marcus Grimalt	08:00-08:50	How to Coach intellectual and neurodivergent clients. Damon Vincent	08:00-08:50	Tummo Breathing – Fire & Reset Chris Davies
09:30-10:20	How Fitness Saved My Life – And Why Personalization Matters Justin Cotler	09:40-10:30	Crushing retail and apparel sales at your gym: Increase your brand's equity and gym's bottom line with a proven framework. Matías Hernández	09:00-09:50	Headstand and Handstand – Isometric Foundations for Building Strength Mélanie Zinggrebe	09:00-09:50	ErgShoot Workout Experience
10:20-11:00	<b>NETWORKING BREAK</b>						
11:00-11:50	Grow your gym - Strategies for growing your gym, building a legacy and value for you Daniel Chaffey	11:10-12:00	The 7 Deadly Sins of Staffing. Brian Foley	11:00-11:50	Snatch Workshop Josh Godinez	11:00-11:50	ErgShoot Workout Experience
11:50-13:00	<b>LUNCH &amp; NETWORKING BREAK</b>		<b>LUNCH &amp; NETWORKING BREAK</b>		<b>LUNCH &amp; NETWORKING BREAK</b>		<b>LUNCH &amp; NETWORKING BREAK</b>
13:00-13:50	The New Way To Market Your Gym - The Best Way To Get Leads And Customers in 2026 and Beyond Charlie Horton	13:10-14:00	How to future proof your gym for long term success - utilising HYROX and other fitness trends to your business's advantage John Singleton	13:00-13:50	Clean & Jerk Workshop by Michele Letendre	13:00-13:50	ErgShoot Workout Experience
14:00-15:00	Q & A with HWPO - Mat Fraser & Matt O'Keefe	14:10-15:00	Fitness Racing: Threat, Opportunity, or Evolution? Edu Garriga	14:00-14:50	Coach Development Workshop by CrossFit		
15:00-15:30	<b>Event wrap up</b>						

NOTE: Schedule subject to change