

FRIDAY			
TIME	MARRIOTT	TIME	
17:30-18:30	VIP ticket only - Business Mastermind class		
Starts at 20:00	Welcome Mixer by Velites (sign up required)		

SATURDAY							
TIME	SEMINAR ROOM 1	TIME	SEMINAR ROOM 2	TIME	SINGULARWOD ARENA	TIME	ACTION LANE
07:30	Event Check in opens			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	WELCOME MEETING						
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	Built for Pressure: Engine, Accuracy, and Execution Under Fatigue. ErgShoot
10:20-11:00	NETWORKING BREAK		NETWORKING BREAK				
11:00-11:50	The New Way To Market Your Gym - The Best Way To Get Leads And Customers in 2026 and Beyond Charlie Horton	11:10-12:00	Coaching great classes - A breakdown Josh Godinez	11:00-11:50	NOCCO Power Hour with Fabian Benito		
12:00-12:50	Building a Strong Community, The Black Edition Model Diogo Monteiro	12:10-13:00	Presence as Performance: Regulation, Burnout and the Modern Coach Chris Davies	12:00-12:50	Headstand and Handstand – Isometric Foundations for Building Strength Mélanie Zinggrebe	12:00-12:50	Autonomic Mastery: Maximizing out and intra-set recovery Shayne Patel
12:50-14:00	LUNCH & NETWORKING BREAK		LUNCH & NETWORKING BREAK		LUNCH & NETWORKING BREAK		LUNCH & NETWORKING BREAK
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	Building the Eye Through a Teaching Lens - Workshop by CrossFit		
15:50-16:20	NETWORKING BREAK		NETWORKING BREAK		NETWORKING BREAK		NETWORKING BREAK
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	Mingle in Vendor Village	17:30-19:30	CrossFit affiliate meeting	17:30-18:20	VIP workout with HWPO		

Starts @ 20:00 **DINNER PARTY** (buy a ticket online) with mingling at the hotel bar afterwards

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	The 7 Deadly Sins of Staffing Brian Foley	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 Matias Hernández	09:00-09:50	Headstand and Handstand – Isometric Foundations for Building Strength Mélanie Zinggrebe	09:00-09:50	Built for Pressure: Engine, Accuracy, and Execution Under Fatigue ErgShoot
10:20-11:00	NETWORKING BREAK		NETWORKING BREAK		NETWORKING BREAK		NETWORKING BREAK
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	Effective Coaching and Motivational Environments Marcus Grimalt	11:00-11:50	Snatch Workshop Josh Godinez	11:00-11:50	ErgShoot Workout Experience
11:50-13:00	LUNCH & NETWORKING BREAK		LUNCH & NETWORKING BREAK		LUNCH & NETWORKING BREAK		LUNCH & NETWORKING BREAK
13:00-13:50	Future proof your gym for long term success using HYROX and other fitness trends to your business's advantage John Singleton	13:10-14:00	Why Recognized Sports Governance Creates Sustainability For Athletes, Coaches, and Gym Owners Gretchen Kittelberger	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	"See -> Decide -> Change" Coach Development Workshop by CrossFit		
15:00-15:30	EVENT WRAP UP						

NOTE: Schedule subject to change