

FRIDAY								
TIME	SCANDIC INFRACITY	TIME						
18:00-21:00	Event Check in - congress reception	16:30-17:30	VIP ticket only - Business Mastermind class					
19:00-23:00	Welcome Mixer - bar lobby							
SATURDAY								
TIME	SEMINAR 1	TIME	SEMINAR 2	TIME	ROGUE GYM ARENA	TIME	VENDOR VILLAGE STAGE	ACTION LANE
07:30-09:00	Event Check in			06:00-06:50	Workout with Mayhem			
				07:00-07:50	Workout with Mayhem			
09:00-09:25	WELCOME MEETING							
09:30-10:20	From owner to CEO: The mindset shift that changes everything Mark Fawzy	09:40-10:30	Breaking the Overwhelm Cycle: How to Regain Control, Find Clarity, and Actually Enjoy Business Again Dan Aguilera	10:00-10:50	Own your development as a CrossFit coach Oskar Johed			
10:20-11:00	BREAK	10:30-11:10	BREAK			10:00-10:30	Tummo Breathing – Fire & Reset Chris Davies	ErgShoot Workout Experience
11:00-11:50	Project Mayhem: What We Have Learned Austin Malleolo	11:10-12:00	Fascia & High Performance – The Missing Link in Modern Training Andreas Öhgren	11:00-11:50	Fitness Racing workshop Susanne Hives	11:00-11:30	Coaching and Leadership – Creating Long-Term Results Anders & Lisette Lindsjö	
12:00-12:50	The New Way To Market Your Gym - The Best Way To Get Leads And Customers in 2026 and Beyond Charlie Horton	12:10-13:00	Unlock the chain reaction of efficient running technique Fredrik Zillén	12:00-12:50	Coaching Competitive Athletes in a Class Setting Mayhem Athlete	12:00-12:40	Unlocking Potential: An Introduction to Adaptive CrossFit Hilton Jones	ErgShoot Workout Experience
12:50-14:00	LUNCH	13:00-14:10	LUNCH	13:00-13:50	Inclusive Workouts: Training Side by Side - Workshop Adaptive CrossFit Hilton Jones	13:10-13:50	Build Your Referral-Driven Sales System That Actually Scales. Johanna Wilmusenaho	
14:00-14:50	Own your programming. Darren Hunsucker	14:10-15:00	The power of an adaptive program. Damon Vincent	14:00-14:50	Motor Learning – Learn and Teach in Different Ways Anders & Lisette Lindsjö	14:00-14:50	Crushing retail and apparel sales at your gym: Increase your brand's equity and gym's bottom line with a proven framework. Matías Hernández	ErgShoot Workout Experience
15:00-15:50	Modifying workouts to eliminate pain instead of working around it Dr Sean Pastuch & Erin Hendry	15:10-16:00	Get More Members Without Paid Ads - Rickard Björnekärr	15:00-15:50	Move With Purpose: Barbell Cycling, Machine Transitions, and Movement Efficiency. Mayhem Athlete			
16:00-16:50	Grow your gym - Strategies for growing your gym, building a legacy and value for you Daniel Chaffey	16:10-17:00	The Future of Fitness: How Genetic Biohacking Can Transform Client Results Pierpaolo Zollo	16:00-16:50	Own your development as a CrossFit coach Oskar Johed			ErgShoot Workout Experience
17:00-19:00	Drinks & fun in Vendor Village	17:30-19:00	CrossFit affiliate meeting	17:00-17:50	VIP workout Mayhem Athlete			
19:30-24:00	DINNER PARTY (buy a ticket online)							
SUNDAY								
TIME	SEMINAR 1	TIME	SEMINAR 2	TIME	ROGUE GYM ARENA	TIME	VENDOR VILLAGE STAGE	ACTION LANE
				06:00-06:50	Workout with Mayhem			
				07:00-07:50	Workout with Mayhem			
08:30-09:20	From Healthcare to Self-Care: Inclusive Fitness for Every Body David Lega	08:40-09:30	Beyond Group Class: Lessons from Scaling to \$100K a Month Oskar Johed	08:00-08:50	Fitness Racing workshop Zebastian Gudmundsson			
09:30-10:20	Leadership, Culture & the Affiliate's Role in the Future of CrossFit Rory McKearnan	09:40-10:30	The use of AI in the gym Mark Fawzy	09:00-09:50	How to Coach intellectual and neurodivergent athletes. Damon Vincent	09:00-09:50	Breath Exploration – Stacked Styles Journey. Chris Davies	ErgShoot Workout Experience
10:20-11:00	BREAK	10:30-11:00	BREAK	10:00-10:50	Own your development as a CrossFit coach Oskar Johed	10:00-10:40	The Hidden Payroll: How to Get Paid for the Work You're Already Doing Dan Aguilera	
11:00-11:50	The Athlete Brand Playbook: How to Create Magnetic Brand Experiences That Move People Clayton Herbert	11:10-12:00	Grow with the market Marcus Herou	11:00-11:50	Coaching Competitive Athletes in a Class Setting Mayhem Athlete	11:00-11:30	Q&A with Running Technique Specialist Fredrik Zillén	ErgShoot Workout Experience
11:50-13:00	LUNCH	12:00-13:10	LUNCH	12:00-12:50				
13:00-13:50	Grow a high performance team - Strategies to scale excellence in your team! Daniel Chaffey	13:10-14:00	Principles I Lean on as a Full-Time Remote Individual Design Coach. Daniel Persson	13:00-13:50	Identifying and correcting movement dysfunction Dr Sean Pastuch & Erin Hendry			
14:00-15:00	Q&A with Rich Froning & the Mayhem team	14:10-15:00		14:00-14:50	Olympic Weightlifting for Athletic Development Anders & Lisette Lindsjö			
15:00-15:30	Event wrap up							

NOTE: Schedule subject to change