

Evolve (11-14)

MONDAY

9 - 9:30	Registration
9:30 - 11	tWitch
11 - 12	Zumba
12 - 12:30	Lunch
12:30 - 1:30	RISE : Goals
1:30- 3	Megan Lawson
3:30 - 5	Matt Cady

TUESDAY

8:30 - 10	Faye Rauw
10 - 11	Pilates (Nicole)
11:30- 1	Matt Cady
1 - 1:30	Lunch
1:30 - 2:30	RISE : Sports Psychologist
2:30 - 4	Megan Lawson
4 - 5:30	tWitch

WEDNESDAY

9 - 10:30	Megan Lawson
10:30- 11:15	LIVE
11:30 - 1	Faye Rauw
1 - 1:30	Lunch
1:30 - 2:30	RISE : Feal the Fear
2:30 - 4	Matt Cady
4 - 5:30	ivivva

THURSDAY

9 - 10:30	Moe Brody
10:30 - 12	Faye Rauw
12 - 1	Lunch
1 - 2:30	Yoga (Laeonie)
2:30 - 4	Taylor James
4 - 5	LIVE
5 - 6	RISE : Dream Boards

FRIDAY

9 - 10:30	Taylor James
10:30- 11:30	RISE review
11:30- 12:30	LIVE
12:30 - 1	Lunch
1 - 2:30	Moe Brody
3 - 4	Showcase
4 - 5	ivivva Trunk Show!

Inspire (15+)

9 - 9:30	Registration
9:30 - 10:30	Zumba
11 - 12:30	tWitch
12:30 - 1	Lunch
1 - 2	RISE : Goals
2 - 3:30	Matt Cady
3:30 - 5	Megan Lawson

9 - 10	Pilates (Nicole)
10 - 11:30	Faye Rauw
11:30- 1	Megan Lawson
1 - 1:30	Lunch
1:30 - 2:30	RISE : Sports Psychologist
2:30 - 4	tWitch
4 - 6	Matt Cady

9 - 10:30	Faye Rauw
10:30- 12:30	Matt Cady
12:30 - 1:30	Lunch
1:30 - 2:30	RISE : Feal the Fear
2:30 - 3:30	Yoga (Kylie)
3:30 - 5	Megan Lawson
5 - 6	LIVE

9 - 10:30	Faye Rauw
10:30 - 12	Taylor James
12 - 12:30	Lunch
12:30 - 1:30	RISE : Resumes
1:30 - 3	Moe Brody
3 - 4:30	Yoga (Laeonie)
4:30 - 5:30	LIVE

9 - 10:30	Moe Brody
10:30- 11:30	LIVE
11:30- 12:30	RISE review
12:30 - 1	Lunch
1 - 2:30	Taylor James
3 - 4	Showcase
4 - 5	ivivva Trunk Show!

