

LIFCON2019 CREATE THE movement

*HELD IN POOL

WEDNESDAY JULY 17	7:00 - 9:00 9:00 - 10:00	LIFCON2019 CHECK-IN WELCOME RECEPTION
THURSDAY JULY 18	8:00 - 9:00 9:00 - 12:00 12:00 - 12:50 1:00 - 1:50 1:50 - 2:30 2:30 - 3:20 3:30 - 4:30 6:30 - 7:00 7:00 - 7:45	LABLAST FITNESS WORKOUT BEACH & SPA TIME PLAYLIST COMPOSITION DID SOMEONE SAY NEW PATTERNS? BREAK HOW TO START YOUR MOVEMENT LABLAST FITNESS: WELCOME NEW MTS *SPLASH SESSION: AEA PRINCIPLES *LABLAST SPLASH
FRIDAY JULY 19	8:00 - 9:00 9:00 - 12:00 12:00 - 12:50 1:00 - 1:50 2:00 - 3:00 3:00 - 3:50 4:00 - 4:50 6:00 - 6:30 6:30 - 7:15 8:30 - 11:30	LABLAST FITNESS WORKOUT BEACH & SPA TIME KEYNOTE SESSION USING YOUR LIFLINE BREAK CHANGE UP YOUR FORMAT CREATE A MOVEMENT HEALTH & WELLNESS *SPLASH SESSION: THREE INTENTIONS *LABLAST SPLASH WORKOUT *MOVIE NIGHT UNDER THE STARS
SATURDAY JULY 20	8:00 - 8:45 8:45 - 12:00 12:00 - 1:00 1:00 - 2:00 2:00 - 2:50 3:00 - 3:50 4:00 - 4:30 4:30 - 5:00 7:00 - 8:00 8:00 - 12:00	*LABLAST SPLASH WORKOUT BEACH & SPA TIME LABLAST FITNESS BREAK PATTERNOGRAPHY CUEING: THE PRACTICAL SIDE! BREAK SOCIAL MEDIA/MATERIAL TUTORIAL PICTURES WITH LOUIS LABLAST GALA & AWARD CEREMONY
SUNDAY JULY 21	8:00 - 8:50 9:00 - 9:50 10:00 - 11:30 11:30 - 11:45	SPLASH SESSION: TEACHING ON DECK CREATE A MOVEMENT LABLAST FITNESS & LINE DANCING WORKOUT CLOSING OF LIFCON2019

#LIFCON2019 #CREATETHEMOVEMENT