

INSTRUCTOR

WEDNESDAY, JULY 12

8AM-5PM: CHAIR FITNESS CERTIFICATION* DEL PRADO

8AM-5PM: SPLASH CERTIFICATION* SOUTH POOL

8-10AM: L.A.B. ACTIONS* GRAND BALLROOM

11AM-1PM: L.A.B. DYNAMICS* GRAND BALLROOM

2-4PM: L.A.B. SPACE* GRAND BALLROOM

5-6.30PM: PRIVATE DINNER WITH LOUIS* SOCIETY TABLE

5-7PM: LIFCON2023 CHECK-IN: GRAND BALLROOM

7-8.30PM: WELCOME RECEPTION: KING CHARLES BALLROOM

THURSDAY, JULY 13

8-8:50AM WORKOUT: LABLAST FITNESS GRAND BALLROOM

8:50AM-12PM: BEACH/POOL OR SPA TIME

12-12:50PM KEYNOTE: "THE PURPLE ENGINE THAT COULD" GRAND BALLROOM

1-1:50PM BREAKOUT SESSION: ABSTRACTISM "THE APPLE" GRAND BALLROOM

2-2:40PM WORKOUT: LABLAST FITNESS WITH LEXI, APY AND SUZANNE GRAND BALLROOM

2:50-3:30PM BREAKOUT SESSION: BALLROOM TECHNIQUE GRAND BALLROOM

3:45-4:30PM WORKOUT: LABLAST CHAIR FITNESS GRAND BALLROOM

4:30-5PM: BREAKOUT SESSION: LABLAST CHAIR FITNESS PRINCIPLES GRAND BALLROOM

5-6:30PM BREAK

6:30-7:15PM WORKOUT: LABLAST SPLASH + BEACH COOLDOWN SOUTH POOL + BEACH ●

7:30-8:15PM WORKOUT: LABLAST SPLASH + BEACH COOLDOWN SOUTH POOL + BEACH ●

8:30-10PM PRIVATE DINNER WITH LOUIS* SOCIETY TABLE

FRIDAY, JULY 14

7:30-8AM BREAKOUT SESSION: LABLAST SPLASH PRINCIPLES SOUTH POOL

8-8:45AM WORKOUT: LABLAST SPLASH SOUTH POOL ●

9-9:45AM WORKOUT: LABLAST SPLASH SOUTH POOL ●

9AM-12PM: BEACH/POOL OR SPA TIME

12-12:50PM WORKOUT: LABLAST FITNESS GRAND BALLROOM

12:50-1:10PM BREAK

1:10-2PM BREAKOUT SESSION: "FITNESS POWERED BY DANCE" GRAND BALLROOM

2:10-2:50PM BREAKOUT SESSION: IGNITE YOUR COMMUNITY GRAND BALLROOM

3-3:50PM BREAKOUT SESSION: BALLROOM TECHNIQUE GRAND BALLROOM

4:10-4:50PM DANCING WITH THE STARS Q&A GRAND BALLROOM

5-5:40PM LABLAST FITNESS WITH JEN & DUSTY GRAND BALLROOM

SATURDAY, JULY 15

7:30-8AM BREAKOUT SESSION: LABLAST SPLASH PRINCIPLES SOUTH POOL

8-8:45AM WORKOUT: LABLAST SPLASH SOUTH POOL ●

9-9:45AM WORKOUT: LABLAST SPLASH SOUTH POOL ●

9AM-12PM: BEACH/POOL OR SPA TIME

12-12:50PM WORKOUT: LABLAST FITNESS GRAND BALLROOM

12:50-2PM: BREAK

2-2:50PM BREAKOUT SESSION: ADVANCED PATTERN-O-GRAPHY KING CHARLES BALLROOM

3-3:50PM BREAKOUT SESSION: BALLROOM TECHNIQUE KING CHARLES BALLROOM

4:10-4:50PM BREAKOUT SESSION: MASTER TRAINER PANEL KING CHARLES BALLROOM

4:50-7PM BREAK

7-8PM PHOTOGRAPHS WITH LOUIS SOUTH TERRACE

8PM-12AM GALA DINNER AND DANCING 'THE OSCARS' GRAND BALLROOM

SUNDAY, JULY 16

9-10:15AM WORKOUT: LABLAST FITNESS GRAND BALLROOM

9AM-5PM: LABLAST FITNESS CERTIFICATION* GRAND BALLROOM



LIFCON 2023

IGNITE



*CERTIFICATIONS, L.A.B.S, AND PRIVATE DINNERS ARE NOT INCLUDED IN THE CONVENTION RATE AND REQUIRE SEPARATE REGISTRATION AND PAYMENT
L.A.B. = LABLAST ADVANCED BOOSTER

TO DETERMINE WHICH SPLASH CLASS TO ATTEND, LOOK AT THE COLOR DOT ON YOUR NAMETAG.

