

RETREATER

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
12:50-2PM: BREAK
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
4:30-6:30PM 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

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
12:50-3PM BREAK
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

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
12:50-3PM: BREAK
3-3:50PM BREAKOUT SESSION: BALLROOM TECHNIQUE KING CHARLES BALLROOM
3:50-7PM 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.

