



| | SATURDAY | SUNDAY |
|-------|---|---|
| 10:00 | P90X With Lauren Saks | Spartan Strong – Spartan in Studio Johanna Littlejohn |
| 11:00 | Celebrity Bootcamp Featuring Celebrity Trainers Eric the Trainer, Corey Calliet, Lita Lewis, Amy Rosoff Davis, and Chris Shelton <i>Sponsored by Celebrity Sweat</i> | Innovation Circuit With NETFLIX Strong Trainers Wes Okerson & Adam Von Rothfelder <i>Sponsored by Inspire Fitness</i> |
| 12:00 | Challenge Workout <i>Sponsored by Herbalife 24</i> Sara Haley | Challenge Workout <i>Sponsored by Herbalife 24</i> Sara Haley |
| 12:30 | Zumba® Dance Party Eliza Stone | STRONG by ZUMBA® Alex McLean |
| 1:00 | StingFIT by Scorpio Liberates™ Federico Canello | StingFIT by Scorpio Liberates™ Federico Canello |
| 1:30 | Core & Cardio <i>Featuring Cardio Bandz</i> G-Train Fitness Hermosa Beach Team | Resistance & Boxing <i>Featuring Cardio Bandz</i> G-Train Fitness No. Hollywood Team |
| 2:00 | Ultimate Athlete Bootcamp D’Juan Woods & Michael Myers | EB30x Couch to Burpees Contest With Eric Bassett <i>Sponsored by Sweet Sweat</i> |
| 2:30 | Billy Blanks - TaeBo® <i>Presented by Celebrity Sweat</i> Featuring Billy's BoomBoxing | Billy Blanks - TaeBo® <i>Presented by Celebrity Sweat</i> Featuring Billy's BoomBoxing |
| 3:15 | Product Palooza <i>Featuring TheFitExpo Exhibitors</i> | Product Palooza <i>Featuring TheFitExpo Exhibitors</i> |
| 3:30 | Cross Row Workout <i>Featuring Inspire Fitness™ CR2.1</i> Master Trainer Team | Cross Row Workout <i>Featuring Inspire Fitness™ CR2.1</i> Master Trainer Team |
| 4:00 | Arm Dancing Amy Rosoff Davis | POW Show CLOSER Milo Levell |
| 4:30 | WOW the Crowd Dance Fitness Contest Hosted by Ben Allen | |

Workout & Win

*Schedule is subject to change based on presenter availability –
Every time you join a workout, demo or challenge you get receive
an instant prize or become eligible for a grand prize of a larger value!