



FitCon Utah 2023

EVENT SCHEDULE

FRIDAY, MAY 12TH | 3:00PM-9:00PM

Doors Open	3:00 PM	Hall 3 Entrance
Enter to Win FitCon Cash Prize	3:00 PM	Ticket Booths
The National Anthem performed by Heather Jackman	3:30 PM	FitCon Merch Booth
Panel: "Building an Iron Clad Mindset" Flex Lewis, DLB, CT Fletcher, Matt Vincent & Kayla Rossi	4:00 PM	Hall 5 (Boxing Ring)
Announcing FitCon Cash Winner	4:45 PM	Hall 5 (Boxing Ring)
Panel: "Her Purpose is Her Power" DLB, Bonnie Schroeder, Brook Ence & Madi Hoskins	5:00 PM	Hall 5 (Boxing Ring)
Armored Combat Worldwide	5:00 PM	Hall 2
Panel: "How To Win At Business & Life" Rob Bailey, Keaton Hoskins, Chase Hoskins & Brian Mark	5:45 PM	Hall 5 (Boxing Ring)
American Minor League Ninja	All Day	Hall 2
Cornhole	All Day	Hall 3
Day of the Ginny	All Day	Hall 1
Devotion Wrestling	All Day	Hall 2
Fencing	All Day	Hall 1
Mixhers-FitCon For Her	All Day	Hall 3
Parkour	All Day	Hall 4
Powerlifting	All Day	Hall 1
Rock Wall & Hang Bar	All Day	Hall 3
Social Axe Throwing	All Day	Hall 2
Table Tennis	All Day	Hall 4
Treadmill Competition	All Day	NordicTrack booth
Wodsomnic/CrossFit	All Day	Hall 4

SATURDAY, MAY 13TH | 10:00AM-6:00PM

Doors Open	10:00 AM	Hall 3 Entrance
Treadmill Race Competitions	10:00 AM	Hall 4
Strongman	10:00 AM	Hall 1
Breakout: Yoga for Mind, Body, and Soul with Gabriela Ruiz de Chavez	10:00 AM	Room: Eagle 200 A/B
Breakout: Breathwork with Brandon Groux	11:00 AM	Room: Eagle 200 A/B
Breakout: Rob & DLB	12:00 PM	Room: Eagle 200 C/D
Arm Wrestling	12:00 PM	Hall 1
Armored Combat Worldwide	12:00 PM	Hall 2
Breakout: How To Not Suck At Running with Dan Holguin	1:00 PM	Room: Eagle 200 A/B
Breakout: What Everyone Should Know About Their Hormone Health with Evolve Telemedicine physician and board certified Gynecologist, Dr. Mary Martin	1:00 PM	Room: Eagle 200 C/D
Breakout: How to Make Money as an Online Coach with Brian & Kristen Mark	2:00 PM	Room: Eagle 200 C/D
Breakout: Not Dead Yet with Matt Vincent & Bonnie Schroeder	2:00 PM	Room: Eagle 200 A/B
1Mission Nutrition Big Announcement	3:00 PM	Hall 5
Announcing NordicTrack Treadmill Winners	5:00 PM	Hall 3/FitCon Merch Booth
American Minor League Ninja	All Day	Hall 1 & 2
Cornhole	All Day	Hall 2 & 3
Devotion Wrestling	All Day	Hall 2
Executive Fight Night	7:00 PM	Hall 4
Fencing	All Day	Hall 1
Mixhers-FitCon For HerT	All Day	Hall 3
Parkour	All Day	Hall 4
Powerlifting	All Day	Hall 1
Rock Wall & Hang Bar	All Day	Hall 3
Social Axe Throwing	All Day	Hall 2
Table Tennis	All Day	Hall 4
Treadmill Competition	All Day	NordicTrack booth
Wodsomnic CrossFit	All Day	Hall 4



FitCon *for Her*

PRESENTED BY:

mixhers

(Hall 3)

FRIDAY, MAY 12TH | 3:00PM-9:00PM

Yoga & Meditation with Elise Jones https://www.eventcreate.com/e/movingmeditation2	10:15 AM
HIIT with Aubrie Edgington https://www.eventcreate.com/e/hiitwithaubrie	11:00 AM
Train Like A Girl with Cody Sanders https://www.eventcreate.com/e/trainlikeagirlwithcody	12:00 PM
HighFit with the High Fit Team https://www.eventcreate.com/e/highfit	1:00 PM
The 3 shifts to Harness your Brain's Superpower and Experience Mind-Body Freedom! with Ashleigh Di Lello https://www.eventcreate.com/e/ashleighdilello	2:00 PM
Aligning your energy and overcoming burnout with Human Design and EFT Tapping with Leanna Hunt https://www.eventcreate.com/e/aligningwithleanna	3:00 PM
Pilates Fusion with Fiona Judd https://www.eventcreate.com/e/pilatesfusion	4:00 PM
Riot Dance Fitness https://www.eventcreate.com/e/riotdancefitness	5:00 PM

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Yoga & Meditation with Elise Jones https://www.eventcreate.com/e/movingmeditation	3:15 PM
Zumba with Kass Martin https://www.eventcreate.com/e/zumbawithkass	4:00 PM
Feminine Psychology with Cody Sanders https://www.eventcreate.com/e/weightlosspuzzlewithcody	5:00 PM
Deadlifting 101 with Becca Rowley https://www.eventcreate.com/e/deadlifting101withbecca	6:00 PM
POWER30 with Chvrch Cycle https://chvrchcycle.com/home-copy-reserve#/choosespot/site/1/t/ctjhuv6TAHg	7:00 PM
POWER30 with Chvrch Cycle https://chvrchcycle.com/home-copy-reserve#/choosespot/site/1/t/ctjhFIR2TVM	8:00 PM