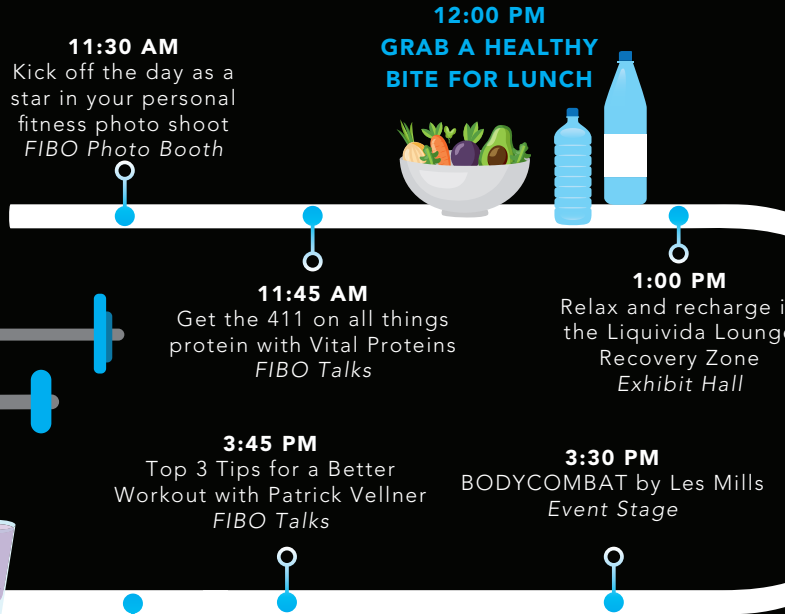


# YOUR DAY AT **FIBO** GLOBAL FITNESS USA

## FITNESS FANATIC



**FRIDAY, OCTOBER 18**



**11:30 AM**  
Kick off the day as a star in your personal fitness photo shoot  
*FIBO Photo Booth*

**12:00 PM**  
**GRAB A HEALTHY BITE FOR LUNCH**

**11:45 AM**  
Get the 411 on all things protein with Vital Proteins  
*FIBO Talks*

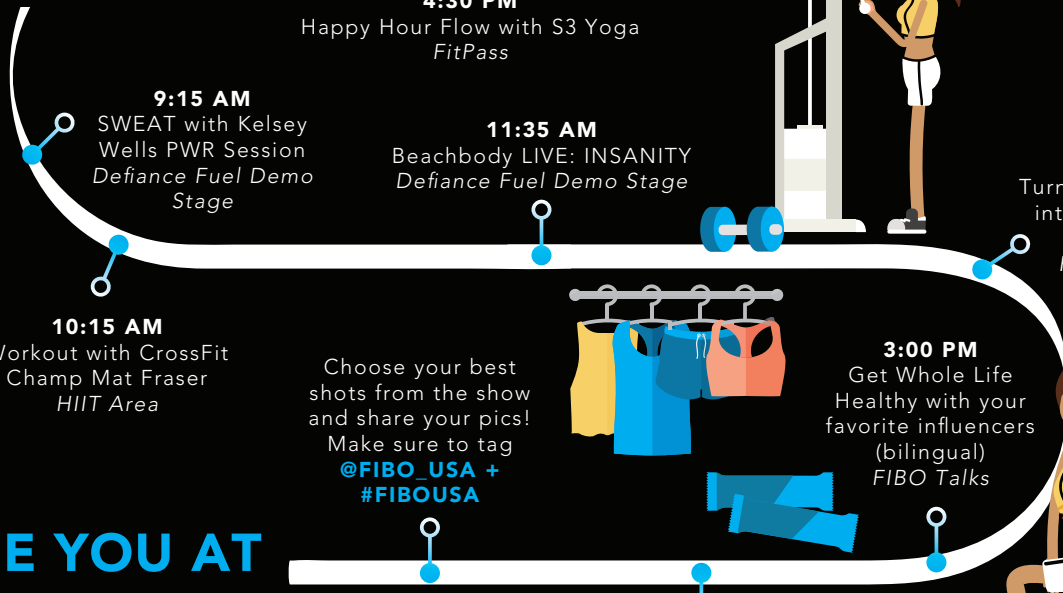
**1:00 PM**  
Relax and recharge in the Liquivida Lounge  
Recovery Zone  
*Exhibit Hall*

**3:45 PM**  
Top 3 Tips for a Better Workout with Patrick Vellner  
*FIBO Talks*

**3:30 PM**  
**BODYCOMBAT** by Les Mills  
*Event Stage*



**SATURDAY, OCTOBER 19**



**9:15 AM**  
SWEAT with Kelsey Wells PWR Session  
*Defiance Fuel Demo Stage*

**4:30 PM**  
Happy Hour Flow with S3 Yoga  
*FitPass*

**11:35 AM**  
Beachbody LIVE: INSANITY  
*Defiance Fuel Demo Stage*

**2:15 PM**  
Tropical Urban Zumba®  
*Event Stage*

**1:00 PM**  
Turn Your Passion into a Powerful Business  
*FIBO Talks*

**10:15 AM**  
Workout with CrossFit Champ Mat Fraser  
*HIIT Area*

Choose your best shots from the show and share your pics! Make sure to tag **@FIBO\_USA + #FIBOUSA**

**3:00 PM**  
Get Whole Life Healthy with your favorite influencers (bilingual)  
*FIBO Talks*

**SEE YOU AT FIBO USA!**

**4:00 PM**  
**EXPLORE THE EXHIBIT HALL**  
Shop nutrition, apparel + at-home equipment and check out ninja, calisthenics, and powerlifting competitions

