

TRANSFORMATION™ DOMINATION LIVE

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SATURDAY, JANUARY 16

6:30 AM	Registration - All Attendees must be registered by 8:00 AM
7:00 AM	Morning Workout with CRAIG BALLANTYNE
8:00 AM	Breakfast - cooked to order at hotel
9:00 AM	JOEL MARION <i>8 Critical Elements of Fat Loss Programming</i>
10:00 AM	DR. KAREEM SAMHOURI <i>30-day Master Plan</i>
11:00 AM	SHAWN PHILLIPS <i>Living the Transformed Life - Week 13 and Beyond</i>
12:00 PM	Lunch - on your own
1:00 PM	ISABEL DE LOS RIOS <i>Next Level Nutrition - Fat Burning Techniques Beyond the Basics</i>
2:00 PM	ZACH EVEN-ESH <i>Break FREE and Break Through</i>
3:00 PM	CRAIG BALLANTYNE <i>The TRUTH About Cardio</i>
4:00 PM	JAYSON HUNTER <i>Calming the Hormonal Chaos</i>
5:00 PM	Day One Sessions are concluded

Workouts will be endured in the Skyway Meeting Room.

Presentations will be held in the Bayside Ballroom.

Sessions will (aim to) conclude 10 minutes before each hour.

SUNDAY, JANUARY 17

7:00 AM	Morning Workout with SCOTT COLBY
8:00 AM	Breakfast - cooked to order at hotel
9:00 AM	ERIC CRESSEY <i>Your Ticket to Being Pain Free</i>
10:00 AM	JOHN ROMANIELLO <i>Enter the Final Phase</i>
11:00 AM	VINCE DEL MONTE <i>Motivation to Last a Lifetime</i>
12:00 PM	Lunch - on your own
1:00 PM	HOLLY RIGSBY <i>Unzap Yourself</i>
2:00 PM	JOEL MARION & VINCE DEL MONTE
3:00 PM	JON BENSON <i>Metabolic Magic - How to Increase Your Fat Burning Around the Clock</i>
4:00 PM	TOM TERWILLIGER <i>Know Your Enemy</i>
5:00 PM	Day Two Sessions are concluded

MONDAY, JANUARY 18

7:00 AM	Breakfast - cooked to order at hotel
8:00 AM	Q&A Panel
9:00 AM	SCOTT COLBY <i>Abs Uncrunched</i>
10:00 AM	DR. BRYAN WALSH <i>Fat Is Not Your Fault</i>
11:00 AM	COURTNEY ROSWELL Live Cooking Presentation
12:00 PM	Day Three Sessions are concluded

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