

2023 Schedule At-a-Glance



LA GMT-7	Chicago GMT-5	Rio de Janeiro GMT-3	Berlin GMT+2	Mumbai GMT+5:30	Sydney GMT+10	MY TIME ZONE	DAY 1 Friday Connection	DAY 2 Saturday Inspiration	DAY 3 Sunday Motivation
7:00	9:00	11:00	15:00	18:30	00:00		Brandy's Welcome 60 min	Session 4 60 min	Session 8 60 min
8:00	10:00	12:00	16:00	19:30	1:00		Break 20 min	Break 20 min	Break 20 min
8:20	10:20	12:20	16:20	20:50	1:20		Session 1 90 min	Session 5 90 min	Session 9 90 min
9:50	11:50	13:50	17:50	21:20	2:50		Meal Break 40 min	Meal Break 40 min	Meal Break 40 min
10:30	12:30	14:30	18:30	22:00	3:30		Session 2 90 min	Session 6 90 min	Closing Celebration 90 min
12:00	14:00	16:00	20:00	23:30	5:00		Break 20 min	Break 20 min	
12:20	14:20	16:20	20:20	23:50	5:20		Session 3 60 min	Session 7 60 min	
14:00	16:00	18:00	22:00	1:30	7:00		Close of Day	Close of Day	