

Schedule

 Experience Pass Exclusive

FRIDAY, SEPTEMBER 11

The Weekend Starts Here!

4:00 PM DOORS OPEN

Marco Polo

Take a stroll through the Empowerment Marketplace

 Experience Lounge is open for those who'd like to chill with friends.

 Experience Suite open for your mini experiences. **If you haven't pre-booked, please see the Experience Suite Volunteer.**

5:00 PM WELLNESS SESSION: OVERCOMING BURNOUT WITH ROOTS TO BRANCES

Montagu I

Feeling stretched too thin? This session is all about recognizing burnout, understanding what's draining your energy and finding realistic ways to create more balance. Walk away with practical tools to help you reset, set boundaries and start making space for yourself again.

6:00 PM WELLNESS SESSION: PLAYFUL EXPRESSIONS WITH TALENT NB

Montagu I

Step outside your comfort zone and reconnect with your confidence through movement. This beginner-friendly, burlesque-inspired session is all about playful expression, feeling good in your body and having FUN — no dance experience, choreography skills or pressure required.

8:00 PM EMPOWERMENT MARKETPLACE CLOSED

Marco Polo

Weekend Pass? Come back tomorrow to explore more!



7:00 PM - 10:30 PM

Glow Party!

Loyalist Room

An exclusive evening for Experience Pass Holders with Ella Campbell and DJ JetSetR. You won't want to miss the fun that's behind those doors!

We're attempting the Worlds Largest Girls' Night photo @ 9pm

Smile!



Schedule

 Experience Pass Exclusive

SATURDAY, SEPTEMBER 12

A Full Day Just For You

10:00 AM DOORS OPEN

Marco Polo

Browse the Empowerment Marketplace & fun Vendor activations.

 Experience Suite open for your mini experiences. **If you haven't pre-booked, please see the Experience Suite Volunteer.**

10:30 AM WELLNESS SESSION: BODYWEIGHT HIIT WITH CHELSEY & NADIA FROM BECOMING HER

Montagu I

Expect a mix of strength, cardio and functional movements that will leave you feeling stronger, more confident, and empowered. We'll provide modifications for beginners and extra challenges for those wanting to push themselves, making this a truly inclusive workout.

11:00 AM KEYNOTE SPEAKER

Alicia McCarvell

Loyalist

Get ready for real talk, honesty and humour as we welcome Alicia back to the Women's Show.



12:15 PM WELLNESS SESSION: RESET YOGA WITH AMANA YOGA

Montagu I

Focused on CONFIDENCE, self-care, and connection to your body, this gentle yoga practice is designed for all bodies and all experience levels. With the delicate and therapeutic addition of sound bowls, you'll leave feeling deeply relaxed and renewed.

Schedule

 *Experience Pass Exclusive*

**2:00 PM WELLNESS SESSION: PILATES
WITH VBYX**

Montagu I

Move, strengthen and reconnect with your body in this feel-good Pilates session with VBYX. Designed to be approachable for all ages and fitness levels, this session is perfect whether you're a Pilates regular or trying it for the first time. Come move with us!

3:00 PM UNAPOLOGETICALLY YOU PANEL

Loyalist

Real stories. Real conversations. Join our panelists for an honest conversation about confidence, resilience, ambition and owning who you are — unapologetically.

**4:00 PM WELLNESS SESSION: PERSONAL FINANCES & BUDGETING
WITH BRUNSWICK CREDIT UNION**

Montagu I

Because financial wellness is wellness too! Join Brunswick Credit Union for an approachable conversation about personal finance and budgeting, with practical tips to help you feel more confident about your money — without complicated jargon or judgment.

4:30 PM

Drinks & DRAG +

**WOMEN'S SHOW
AWARDS**

Loyalist

Get ready for big personalities, bold performances and a whole lot of fabulous!

5:45 PM GOODBYES & WELLNESS PASSPORT GRAND PRIZE DRAW