

# VIDA MTB SERIES - SEDONA SCHEDULE

## THURSDAY, MARCH 1

2 p.m. - 6 p.m.

**Festival Packet Pick-Up & Early Clinic Check-In**  
(Over the Edge Sports, 1695 AZ-89A, Sedona, AZ 86336)

## FRIDAY, MARCH 2

9 a.m.

**Festival Packet Pick-Up & Registration HQ**  
(Posse Grounds Park, 525 Posse Ground Road, Sedona, AZ 86336)

9:30 a.m. - 10:30 a.m.

**FREE yoga session - open to all festival attendees**  
(VIDA tent in Main Expo at Posse Grounds Park)

1 p.m.

**VIDA Ladies Social Group Ride - open to all festival attendees**  
(VIDA tent in Main Expo at Posse Grounds Park)

4 p.m. - 6 p.m.

**VIDA Happy Hour presented by [Ska Brewing](#) & Early Clinic Check-In**  
(VIDA tent in Main Expo at Posse Grounds Park)

5 p.m.

**Tech Clinic with Squish Dynamics presented by Yeti Cycles**  
(VIDA/Yeti Cycles tent in Main Expo at Posse Grounds Park)

## SATURDAY, MARCH 3

9 a.m. - 9:30 a.m.

**Clinic Check-In, Name Plate Making & Bike Prep**  
(VIDA tent in Main Expo at Posse Grounds Park)

9:45 a.m. - Noon

**Clinic and Coach Introductions, Morning Progression Sessions**  
(Posse Grounds Park and Bike Skills Park)

Noon - 1 p.m.

**Break for Lunch and Afternoon Session Preparation**  
(Main Expo at Posse Grounds Park)

1 p.m. - 4:30 p.m.

**Afternoon on-trail skills sessions**

4:45 p.m.

**End of Day Wrap-Up**

5 p.m.

**VIDA Nutrition Clinic presented by Skratch Labs**  
(VIDA tent in Main Expo at Posse Grounds Park)

6 p.m.

**Enjoy live music and festivities at Sedona MTB Festival**  
(Visit [www.sedonamtbfestival.com](http://www.sedonamtbfestival.com) for schedule)

## SUNDAY, MARCH 4

9:15 a.m. - 10:15 a.m.

**FREE yoga session - open to all festival attendees**  
(VIDA tent in Main Expo at Posse Grounds Park)

10:30 a.m.

**VIDA Ladies Social Group Ride - open to all festival attendees**  
(VIDA tent in Main Expo at Posse Grounds Park)