



SEMINAR SCHEDULE

SATURDAY 29TH JUNE

■ BUSINESS & TECHNOLOGY	■ MINDSBODY	■ PROGRAMMING & PERFORMANCE
■ GROUPEX	■ SPECIAL POPULATIONS	■ SCIENCE, RESEARCH & NUTRITION
■ REHAB & RECOVERY		

09:00 - 10:15

10:30 - 11:45

12:00 - 13:15

14:00 - 15:15

15:30 - 16:45

17:00 - 18:15

ROOM 331	ROOM 335	ROOM 311	ROOM 334	ROOM 333	ROOM 332
5/10/15 BLAST NATALIE DAU	ANIMAL FLOW MASTERCLASS ALISHA SMITH	LES MILLS BARRE™ RIVO FUKUNAGA <small>SPONSORED BY LES MILLS™</small>	OPTIMISE YOUR PERFORMANCE WITH PLANT-BASED NUTRITION LUKE TAN	THE HEALTHY PT DAVID LIOW	MAKE YOUR MOVE NETWORKING SESSION DEBORAH GOLDBERG <small>SPONSORED BY BOWLETS</small>
OFF THE FLOOR CORE JOHN 'JP' POLLEY	MOBILISATION TECHNIQUES FOR PERFORMANCE RANELL HOBSON	YOGA STRENGTH BETH SHAW <small>SPONSORED BY YOGAFT</small>	POWERFUL BUSINESS MARKETING IN ASIA JACK THOMAS <small>SPONSORED BY FITNERS BEACH & POSTCAST A&L</small>	MUM'S - A SPECIAL POP EVERY PT NEEDS TO KNOW JEN DUGARD	HIIT BLITZ 2019 PAUL BROWN
3D KETTLEBELL POWER TAREK CHOUJA <small>SPONSORED BY FT GLOBAL</small>	MIIT33 BY MYZONE MEL TEMPEST <small>SPONSORED BY MYZONE</small>	BATTLING OBESITY THROUGH HYBRID INTERVAL TRAINING ALEXIS BATRAKOUKIS	PREPPING THE FEMALE FITNESS COMPETITOR BENJAMIN SIONG	STAYING AHEAD OF THE CURVE AS A PT DEXTER TAY <small>SPONSORED BY NUTRIS BAZEL FORNERS</small>	BUILDING SOCIAL MEDIA FOR FITNESS BUSINESS NATALIE DAU
L U N C H					
INTENSITY VS QUALITY ANDREW CHADWICK	BIOTENSEGRITY: THE ONE SYSTEM THAT CONNECTS ALL JOHN 'JP' POLLEY	7 BIO-MECHANICAL SCREENING TESTS ULRIK LARSEN <small>SPONSORED BY ROMA TRAINER</small>	WOMEN OF INFLUENCE PANEL TALK	10 REASONS YOU'RE NOT LOSING FAT BENJAMIN SIONG	HYPERICE: VYPER2 + HYPERSPHERE NUNO FIDALGO
INTERACTIVE GAMES FOR BOOTCAMP + 10N1 FILIPE PEREIRA <small>SPONSORED BY FT GLOBAL</small>	MASHUP® VIIT IS THE NEW HIIT BARBIE BROWN <small>SPONSORED BY MASHUP®</small>	PHYSICAL AUTONOMY SESSION AZIMAH AZMI <small>BY SMTTNESS</small>	RETENTION 101 PAUL BROWN	KETOGENIC DIET FOR PERFORMANCE JAMES YEO	MEDICAL FITNESS CLIENT CASE-STUDY ALEXIS BATRAKOUKIS
IT'S NOT THE TOOL IT'S THE MOVEMENT ANDREW CHADWICK	IT'S NOT WHAT YOU DO IT'S HOW YOU DO IT: SPLIT SQUAT VARIATIONS CROWN KIM <small>SPONSORED BY ULTIMATE PERFORMANCE</small>	YOGAFIT HIP OPENERS BETH SHAW <small>SPONSORED BY YOGAFT</small>	THE PSYCHOLOGY OF COACHING SUFIAN YUSOF <small>SPONSORED BY ALERON</small>	SENIOR FITNESS SPECIALIST SUZANNE HOSLEY <small>SPONSORED BY FT & BEEFPORE</small>	ARE YOUR FEET RUINING YOUR RESULTS? DAVID LIOW

MOTOWN DANCE EXPERIENCE

30TH JUNE
17:00 - 18:15

YOUR FEET IN MY HOUSE

30TH JUNE
9:00 - 10:15

DANCE 4 LIFE

30TH JUNE
15:00 - 16:45

TONY MASTERCLASS
29TH & 30TH JUNE 2019

TONY STONE

SUNDAY 30TH JUNE

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STRONG & STABLE: SCIENTIFIC PRINCIPLES OF LOADED MOVEMENT JAN HUTNAN	A PROVEN METHOD FOR FAT LOSS: GBC OWEN BISMAN <small>SPONSORED BY ULTRATECH PERFORMANCE</small>	MEDITATION & MINDFULNESS BETH SHAW <small>SPONSORED BY YOGA11</small>	IS THE ICE AGE OVER? PANEL DISCUSSION	THE ART & SCIENCE OF COACHING SPECIAL POPULATIONS ALEXIS BATRAKOULIS	GETTING ON & STAYING ON THE RIGHT TRACK PHILL MCCOY <small>SPONSORED BY GYI</small>
THE G2S WORKOUT JAN HUTNAN	ULTIMATE AUSSIE WORKOUT MEL TEMPEST <small>SPONSORED BY MIZONE</small>	ANIMAL FLOW FOR PT'S ALISHA SMITH	MAPPING YOUR VALUES TO ENHANCE PERFORMANCE TAREK CHOUJA <small>SPONSORED BY SAME CHANCE</small>	CONTRACTILE VS TENSILE JOHN 'JP' POLLEY	THERE IS MORE TO THE CORE DAVID LIOW
UNDERSTAND & CORRECT THE MOST COMMON CAUSE OF LOWER BACK PAIN ULRIK LARSEN <small>SPONSORED BY REHAB TRAINER</small>	PERFECT YOUR RUNNING TECHNIQUE & INCREASE YOUR SPEED RANELL HOBSON <small>SPONSORED BY ASEA</small>	TRIGGERPOINT: FOAM ROLLING APPLIED PROGRAMMING ANDREW CHADWICK <small>SPONSORED BY F13 REKOLATION</small>	BUILDING AN UNBEATABLE BRAND PAUL BROWN	OPTIMISING SPORTS PERFORMANCE: THE STRENGTH STRATEGY BENJAMIN SIONG	WHAT THE HIIT? DAVID NORMAN <small>SPONSORED BY VORTEX ACTIVE</small>

L U N C H

MOVEMENT PREPARATION FILIPE PEREIRA <small>SPONSORED BY FT1 GLOBAL</small>	HOW TO BUILD GORGEOUS GLUTES DAVID LIOW	BETTER RECOVERY FOR SUSTAINABLE PERFORMANCE JAN HUTNAN	DIGITALISING THE FITNESS INDUSTRY PANEL TALK	EXERCISE & MOTIVATION: WHAT ARE THE KEY AREAS TO GET CLIENTS MOTIVATED NUNO FIDALGO <small>SPONSORED BY FITNESS FIRST</small>	ANIMAL FLOW FOR KIDS ALISHA SMITH
PERSONALISING SMALL GROUP TRAINING ANDREW CHADWICK	BUILDING BETTER STRENGTH AZIMAH AZMI <small>BY GMR FITNESS</small>	OPENING UP THE HIPS FOR BETTER RUNNING DR KENNY WONG <small>SPONSORED BY THE STRETCH CLIPS</small>	SINGAPORE'S BOOMING OPPORTUNITY KRISTEN GREEN	TRAINING FOR TRANSFORMATION RAYMOND KIANG <small>SPONSORED BY ULTRATECH PERFORMANCE</small>	3D MOVEMENT ANALYSIS & PERFORMANCE SYSTEM BENSON POH
EFFECTIVE CUING FOR FUNCTIONAL TRAINING FILIPE PEREIRA <small>SPONSORED BY FT1 GLOBAL</small>	HOW TO BE A GREAT GROUP TRAINER WENDY RIDDELL <small>SPONSORED BY GYI</small>	MASTERCLASS FOR YOUR MUM CLIENTS JEN DUGARD	ARE YOU REALLY WHAT YOU EAT? BENJAMIN SIONG	TRAINING FOR EXPLOSIVE POWER RANELL HOBSON <small>SPONSORED BY ASEA</small>	PLAY FOR FASCIAL FITNESS JOHN 'JP' POLLEY

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