

BUSINESS, TECH & PROFESSIONAL DEVELOPMENT

NUTRITION, RESEARCH & WELLNESS

SPECIAL POPULATIONS, REHAB & RECOVERY

PT, PROGRAMMING & GROUPEX

FRIDAY 7TH MAY (DAY 1)

12:00 AM: VIRTUAL EVENT DOORS & EXPO HALL OPEN
12:15-12:45 PM: WELCOME ADDRESS & KEYNOTE
WITH PAUL BROWN (MR RETENTION)

12:45-01:45 PM

**BRAVELY DIFFERENTIATE
IN 2021 TO CATAPULT
YOUR ONLINE
TRAINING BUSINESS**

BILLY POLSON
SPONSORED BY
THE BUSINESS MOVEMENT

**THE LUMBO-PELVIC HIP
COMPLEX (LPHC):
A KINESIOLOGY GUIDE AND
PREVENTATIVE STRATEGIES
TO AVOID INJURY**

FABIO COMANA

**MINIMAL
EQUIPMENT,
MAXIMUM EFFECT**

MEGHAN JARVIS
SPONSORED BY
WELLCORP HEALTH AND WELLNESS

02:15-03:15 PM

**ANIMAL FLOW:
HARNESSING
THE HUMAN BODY (W)**

ALISHA SMITH
SPONSORED BY ANIMAL FLOW

**THERMAL AND FLUID
DEMANDS DURING
ENDURANCE RUNNING
IN THE HEAT**

DR JASON LEE
SPONSORED BY GLOBAL
PERFORMANCE NUTRITION
INSTITUTE (GPNI)

**TOGETHER WE THRIVE:
FITNESS, HEALTH AND
HEALTHCARE
IN THE FACE
OF A GLOBAL PANDEMIC**

DR FADZIL HAMZAH
SPONSORED BY CGH & EIMS

04:45-05:45 PM

**PROGRAMMING THE
ULTIMATE HIIT
WORKOUT FOR SPECIAL
POPULATIONS**

ALEXIS BATRAKOULIS

**NUTRITION FOR BODY
TRANSFORMATION
AND TRAINING**

OWEN BISMAN
SPONSORED BY ULTIMATE
PERFORMANCE (UP) SINGAPORE

**THE ESSENCE OF
SELLING FITNESS**

PAUL BROWN
SPONSORED BY FACE2FACE
RETENTION SYSTEMS

07:00 PM

05:45-06:00 PM: DAY 1 CLOSING

ZUMBA® DANCE PARTY



BUSINESS, TECH & PROFESSIONAL DEVELOPMENT

NUTRITION, RESEARCH & WELLNESS

SPECIAL POPULATIONS, REHAB & RECOVERY

PT, PROGRAMMING & GROUPEX

SATURDAY 8TH MAY (DAY 2)

07:45 AM: VIRTUAL EVENT DOORS & EXPO HALL OPEN

08:00-8:45 AM: MASS MORNING WORKOUT (WITH JEN TEO)

09:00-10:00 AM

**YOUR BRAIN
ON EXERCISE**

RYAN GLATT

SPONSORED BY
BRAIN HEALTH TRAINER

**RECOVERY CYCLE:
THE LINKS
THAT CONTROL
TRANSFORMATION**

DANE BARTZ

SPONSORED BY LINKED FIT

**ARTHRITIS
EXERCISE INTEGRATION**

CHRISTINE CONTI

SPONSORED BY
CONTI FITNESS & WELLNESS LLC

10:00-10:15 AM: BREAK

10:15-11:15 AM

**MUSCLE VS MOVEMENT:
BASED STRENGTH
TRAINING**

DERRICK PRICE

SPONSORED BY
INSTITUTE OF MOTION (IOM)

**PROGRAMMING
FOR CLASSES –
WHY IT NEEDS TO BE
DIFFERENT**

VANESSA LEONE

SPONSORED BY EXERCISE
TO EXPERIENCE

**TRAINING THE PRE &
POSTNATAL CLIENT**

**SEAN MCCRORY &
KIRSTYN CAMPBELL**

SPONSORED BY
SUB30 CORE RESTORE

11:15-11:35 AM: STRETCH BREAK WITH CHADDY

11:45-12:45 PM

**RETHINKING THE
FITNESS INDUSTRY
AND BUILDING
A SUSTAINABLE
PT BUSINESS**

DEXTER JEMUEL TAY

SPONSORED BY
FIT ASIA

**THE HEART
AND SOUL OF CHANGE**

SIMON MATTHEWS

SPONSORED BY
WELLCOACHES

**PRACTICAL MOBILITY
DRILLS
TO HELP DEAL WITH
THE STRESS OF EXERCISE**

ANDREW CHADWICK

12:45-01:30 PM

CLOSING ADDRESS & ROUND UP

