

Friday 6th April 2018

	Workout 1	Workout 2	Seminar 1	Seminar 2
9:00-10:15	Secrets your Therapist isn't Telling You.	Industrial Strength & Conditioning	The Wheel of Life: Helping Achieve "Life Balance"	Running for Weight Loss
	Joone Lee, Trevor	GK	Suzanne Hosley	Jason Karp
10:35-11:50	UFIT Youth Fitness & Bootcamp Games	Create Amazing HIIT Workouts with Little or No Equipment	Plant Fit, Plant Strong	Mastering the Business of fitness
	Frazer McDarell	Mike Bracko	Billy Simmonds	Paul Brown
11:50-13:00	LUNCH	LUNCH	LUNCH	LUNCH
13:00-14:15	Battling Ropes Mastery	Fit Mummy	Successful Training & Coaching for Competitive Fitness	Can you Get Fat on Stress?
	Tarek Chouja	Kareen Lai	Michael Mogard	Ben Siong
14:35-15:50	The ultimate HIIT Blitz workout class	The Daily BAR (Bodyweight Athletic Regimen)	Top 5 Enhancers for Fitness	Beyond The Basics: Shoulder Secrets
	Paul Brown	Mike Marchese	Mike Bracko	Joone Lee
16:10-17:25	The Only Strength Cycle You will Ever Need	Mindfulness Work-In and Workout	Nutrition & Hormones to Maximise your Workout	The Group Exercise Effect
	Michael Mogard	Chris Chiam	Katrina Gallagher	Reagan Kang

Saturday 7th April 2018

	Workout 1	Workout 2	Seminar 1	Seminar 2
9:00-10:15	Huge Fun in Small Group Training	Total Vertical Core for Prevention & Performance	Sports Nutrition & Athletic Performance: The Neglected Link	Running a Marathon For Dummies
	Tarek Chouja	Mike Bracko	Ben Siong	Jason Karp
10:35-11:50	Clinical Stretching to Improve your lifts	TBC	Coaching Year One	Fit for Life
	The Stretch Clinic		Andrew Telfer	Paul Brown
11:50-13:00	LUNCH	LUNCH	LUNCH	LUNCH
13:00-14:15	UFIT Bootcamp Strength & Conditioning	CHOREOLOGY #1 by Salsation®	Women Business: Keeping Bones Strong as we Age	PowerPlant - An alternative Protein
	Marcus Fam	Tony Stone	Suzanne Hosley	Billy Simmonds
14:35-15:50	Trigger Point™ For Movement	What is Group Exercise Now?	The Unbeatable Mind	New Fitness Trends 2018
	Kevin Wright	Reagan Kang	Michael Mogard	Panel of Experts
16:10-17:25	Right-side Up: Inversions 101	Group Training, Games & Programming Engaging Exercises	Nutrition for Health & Fitness	Active Health by ActiveSG, Sport Singapore
	Mike Marchese	Filipe Pereira	Joan Liew	Bee Koon

Sunday 8th April 2018

	Workout 1	Workout 2	Seminar 1	Seminar 2
9:00-10:15	Kettlebells for Combat & Conditioning	SmashweRx Biohacking	Maximizing Fat Loss: Continuous or Interval Training	Structured Exercise Training for People with Diabetes
	Tarek Chouja	Trevor Bachmeyer	Mike Bracko	Ray Loh
10:35-11:50	Tag Team Against Gravity: A Partner Calisthenics Workout	CHOREOLOGY #2 by Salsation®	Supplementation for Optimal Performance: Fact or Fiction	The Inner Runner
	Mike Marchese	Tony Stone	Ben Siong	Jason Karp
11:50-13:00	LUNCH	LUNCH	LUNCH	LUNCH
13:00-14:15	Releasing the lower back & hips with AIS	Sweat X Social	The Exercise Gene: Do you have it?	Crossfit Vs the Fitness industry
	The Stretch Clinic	Broc & Bells	Mike Bracko	Expert Panel
14:35-15:50	Series Tabata	Efficient Mobility & Activation Drills for Performance	Why Aren't Your Calves Growing?	UFIT Clean & Lean Nutrition
	Estaban Marchan	Filipe Pereira	Jerrican Tan	Wendy Riddle
16:10-17:25	Progressive Systems to Self-Myofascial Release	Tony's Dance Workout	Programming for Diverse Populations	Why is your waistline not dropping?
	Kevin Wright	Tony Stone	Andrew Telfer	Jerrican Tan

	Performance		Special Populations
	Nutrition & Lifestyle		Rehab
	Group Fitness		Science & Research