

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	Youth Fitness & Bootcamp Games	What is Group Exercise Now?	Fundamentals of Plant-Based Nutrition for Fitness & Performance	Mastering the Business of fitness
	Mike Bracko	Reagan Kang	Billy Simmonds	Paul Brown
11:50-13:00	LUNCH	LUNCH	LUNCH	LUNCH
13:00-14:15	Battling Ropes Mastery	Tummy Beyond Kegels: Postnatal Fitness Unravelled	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	Trigger Point™ For Movement	Fitness & Health in a Digital World	Coaching Year One	Fit for Life
	Kevin Wright	Jeremy Rolleston	Andrew Telfer	Paul Brown
11:50-13:00	LUNCH	LUNCH	LUNCH	LUNCH
13:00-14:15	REEBOK Bootcamp Training	CHOREOLOGY #1 by Salsation®	Women Business: Keeping Bones Strong as we Age	PowerPlant - An alternative Protein
	Natalie Dau	Tony Stone	Suzanne Hosley	Billy Simmonds
14:35-15:50	Clinical Stretching to Improve your lifts	Create Amazing HIIT Workouts with Little or No Equipment	The Unbeatable Mind	New Fitness Trends 2018
	The Stretch Clinic	Mike Bracko	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	Progressive Systems to Self-Myofascial Release	Maximizing Fat Loss: Continuous or Interval Training	Structured Exercise Training for People with Diabetes
	Tarek Chouja	Kevin Wright	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 My Calves Growing?	UFIT Clean & Lean Nutrition
	Estaban Marchan	Filipe Pereira	Jerrican Tan	Rebecca Brake
16:10-17:25	SmashweRx Biohacking	Tony's Dance Workout	Programming for Diverse Populations	Why is My waistline not dropping?
	Trevor Bachmeyer	Tony Stone	Andrew Telfer	Jerrican Tan

Performance & Group Fitness

Science, Research & Rehab

Nutrition, Lifestyle & Special Populations

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