



## DAY 1

Day 1 - Friday 13 August 2021				
8:45 - 9:00	Doors Open			
9:00 - 10:30	Welcome Address and Opening Keynote Presentation + Q&A with Chantal Brodrick Grace Tame			
10:30 - 10:45	MORNING BREAK			
	<b>BUSINESS</b>	<b>GROUP</b>	<b>PT</b>	<b>FITNESS AUSTRALIA</b>
10:45 - 11:45	To be announced Stay tuned!	Kathy Johnsun Hurricane HIIT	Michael Cunico 21st Century Program Design	Barrie Elvish Details to be announced. Stay tuned!
				<b>AQUA (POOL SESSION)</b> Lianne Tiemens & Dom Gill H2O - The Ultimate Training Environment for Every Body
11:45 - 12:30	NETWORKING & EXPO			
12:30 - 1:30	LUNCH			
	<b>BUSINESS</b>	<b>GROUP</b>	<b>PT</b>	<b>SPECIALTY</b>
1:30 - 2:30	Andrew Simmons Running a Successful Fitness Business - from concept to creation	Hays Daewoud & Dr Luke Del Vecchio Punch, React & Move – Boxing Skills & Fitness	Thuy Bridges Forensic 360 of the Ankle. How to assess ankle problems	Jen Dugard Mums - A Mass Special Population Every Fitness Professional Needs to Understand
				<b>AQUA (POOL SESSION)</b> Lianne Tiemens & Marlee King HIIT that Beat
2:30 - 3:00	AFTERNOON BREAK			
	<b>LEADERSHIP/COACHING</b>	<b>GROUP</b>	<b>S&amp;C INTENSIVE</b>	<b>SPECIALTY</b>
3:00 - 4:00	To be announced Stay tuned!	To be announced Stay tuned!	Dr Andrew Lock Don't Fear the Disc Bulge - Part 1	To be announced Stay tuned!
				<b>CYCLE</b> To be announced Stay tuned!
4:05 - 5:05	To be announced - Part 2	<b>NUTRITION</b> To be announced Stay tuned!	Don't Fear the Disc Bulge - Part 2	<b>PT</b> To be announced Stay tuned!
5:00 - 5:30	NETWORKING & EXPO			
5:30				

## DAY 2

Day 2 - Saturday 14 August 2021				
7:30 - 8:30	Doors Open			
8:30 - 10:30	<b>MIND BODY INTENSIVE</b>	<b>GROUP INTENSIVE</b>	<b>S&amp;C INTENSIVE</b>	<b>PT INTENSIVE</b>
	To be announced Stay tuned!	To be announced Stay tuned!	Dr Luke Del Vecchio & Shannon Green Strengthening the Upper Body for Health & Performance	To be announced Stay tuned!
09:30				<b>CYCLE</b> To be announced Stay tuned!
10:30 - 11:00	MORNING BREAK			
11:00 - 11:45	NETWORKING & EXPO			
	<b>BUSINESS</b>	<b>NUTRITION</b>	<b>S&amp;C</b>	<b>SPECIALTY</b>
11:45 - 12:45	Peter Day If You're Not Running Challenges, You're Not Maximising Profit	Kristen Beck Happy Meals: The New Science Nutrition & Mental Health	Dr Andrew Lock & Dr Dani Antonellos Beyond the Hip Thruster	Glenn Mackintosh Help clients love their bodies healthy: Body Positivity for Fitness Professionals
				<b>AQUA (POOL SESSION)</b> Donna Wilmott Level Up Your Choreo
12:45 - 1:45	LUNCH			
	<b>LEADERSHIP/COACHING</b>	<b>GROUP</b>	<b>S&amp;C</b>	<b>SPECIALTY</b>
1:45 - 2:45	To be announced Stay tuned!	To be announced Stay tuned!	Katrina Cochrane Training for Athletic Performance	Ken Baldwin & Sally Harrison Firm Foundations - Assessing Active Ageing from Ground Up
				<b>AQUA (POOL SESSION)</b> Debi Godfrey & Dom Gill Noodlicious
2:45 - 3:30	NETWORKING & EXPO			
3:30 - 4:00	AFTERNOON BREAK			
4:00 - 5:15	Closing Address and Keynote Presentation Lisa O'Neill			
5:15	End of Trainer Summit			