

Rev. 27/04/23
8:50PM

ASIA FITNESS CONFERENCE 2023



THURSDAY, OCTOBER 19th

	Session Number	001
	Room	
6:00 - 7:00 PM	Session Title	Make the Most of Your AFC: Orientation for All
	Presenter	AFC Team

DAY 1 - FRIDAY, OCTOBER 20th

			S&C	S&C/PT	PT	GX	Dance	Spec Pops/R&R	Pilates	Yoga	Science/Nutrition	Business/Career
		Session				101	102	103	104	105		
		Room										
	7:30 - 8:15 AM	Session Title				Best Ab Exercises on the Planet	Wake up your Feet and Legs with Yin Yoga	MMA GX	Les Mills BODYCOMBAT™ Masterclass	HIT the Wall		
		Sponsor							Les Mills Asia Pacific			
		Presenter				Mindy Mylrea	Waewta Thamphibal	Nattapong Champachan	Panuwat Rongbandit and Anchalee Hengsakulwong	Yury Rockit		
	8:45 - 9:30 AM	106- OPENING CEREMONY - Room GH 203										
		Session	111	112	113	114	115	116	117	118	119	120
		Room										
	9:45 AM - 11:15 PM	Session Title	The 30 Functional Patterns	Active Play	Muscle Building Masterclass	Creating the Disneyland Experience	Dance Icon Sweat	Shoulder Solutions for Pain-Free Movement	The Movement Triad - Mobility, Stability and Strength	Gentle Yoga for Back and Spine	Aligning Diets and Exercise for Results	Circadian Biology: Why Timing Matters
		Sponsor									NASM™	
		Presenter	Peter Twist	Supanithi Khumprommarach	Martin Refalo	Mindy Mylrea	Erick Limans and Frans Ferdinand	Brian Bettendorf	Helen Vanderburg	Yuttana Poncharoen	Fabio Comana	Nick Lambe
	11:15 AM - 12:15 PM	LUNCH										
		Session	121	122	123	124	125	126	127	128	129	130
		Room										
	12:15 - 1:30 PM	Session Title	Steel Mace Fundamentals	Fundamentals of Squat Variations	Pistol Squat	Primal Movement Patterns for Group Fitness	Step Dance	Power Training for Functional Aging	Pilates Connection with Bands	Managing the Shoulder in Yoga Class	Vitamin D	The Art of Coaching
		Sponsor				NASM™						
		Presenter	JJ Sweeney	Jonathan Mike	Yury Rockit	Angie Miller	Luciano Mottola	Cody Sipe	Apittiya Soma	Claire Norgate	Kriyot Sudsaard	Samuel Schepis
		Session	131	132	133	134	135	136	137	138	139	140
		Room										
	2:00 - 3:15 PM	Session Title	Olympic Snatch Workout	Training Intensity for Muscle Growth	T-Spine Scapulae Proper Function	HIIT Parade	DANCE GLAM by DFN®	The Aging Foot and Movement	Pelvic Floor and Core Stability for All Genders	YoChi™ Yoga + TaiChi	Nutrition for Peak Performance	Agility Training for Older Adults
		Sponsor			NASM™			Naboso				
		Presenter	Sirapob Puangin	Martin Refalo	Fabio Comana	Mindy Mylrea	Tony Stone	Emily Splichal	Helen Vanderburg	Lawrence Biscontinini	Elizabeth Dene	Napasakorn Chuensiri
		Session	141	142	143	144	145	146	147	148	149	150
		Room										
	3:45 - 5:00 PM	Session Title	12 Techniques to Overload and Build Muscle for Movement	How to Become a Rotational Powerhouse	Building Super Glutes	How to Deliver a GREAT GX Class	Simetrica	Lower Body Self-care	Pilates Flow	Yogic Approaches	How to Foster a Positive Body Image	Fitness Marketing Done Right
		Sponsor										
		Presenter	Peter Twist	Jonathan Mike	Dave Liow	Anchalee Hengsakulwong	Sasha Oshkin	Brian Bettendorf	Claire Norgate	Ann-See Yeoh	Krisadee Bodhidatta	CJ Lee

Lunch Served from 11:00 AM to 2:00 PM

	Group Training and Dance
	Special Populations, Lifestyle as Medecine and Rehab
	Pilates, Mind-Body and Movement
	Exercise Science, Psychology and Nutrition
	Career and Business Development