



Program Schedule

Time	Topic	Speaker
09.00 Am	Welcome Address	Alok Shirodkar Founder & CEO Krunch Fitness Media Ritu Maggo CEO REPS India
9.10 Am to 9.30 Am	Welcome and Announcements	Kalyani Kaizzad Capadia CEO K11 School Of Fitness Sciences
9.30 Am to 11.00 Am	The Art of Coaching Functionally & Mindfully	Aditya Arora Life Fitness India - Master trainer PTA Global Certified PT Sivananda Yoga Certified REHAB, TRX , BOSU certified
11.00 Am to 01.00 Pm	Beyond The Gym	Yogesh Chavan Faculty K11 School Of Fitness Sciences
	Lunch Break	
02.00 Pm to 4.30 Pm	Intro to Olympic Lifts	Mayur Shirke & Yogesh Chavan Faculty K11 School Of Fitness Sciences
	Vote Of Thanks	