



Program Schedule

Time	Topic	Speaker
09.30 Am	Welcome Address	Alok Shirodkar Founder & CEO Krunch Fitness Media Ritu Maggo CEO REPS India
10.00 Am to 11.00 Am	Sticky Learning Knowing More & Remembering More	Jacqui Hobbs Education and Training Consultant - Adult Learning Sector and External Quality Assurer - PD : Approval
11.00 Am to 12.30 Pm	The Art of Coaching Functionally & Mindfully	Aditya Arora Life Fitness India - Master trainer PTA Global Certified PT Sivananda Yoga Certified REHAB, TRX , BOSU certified
	Lunch Break	
02.00 Pm to 03.30 Pm	How Social Media Changed My Fitness Career	Vijobi Vakkachan CEO & Founder Vijo Fitness Academy Vijo Fitness and Lifestyle Gyms Dubai / Sharjah/ Kerala
03.00 Pm to 4.30 Pm	Creatine Clarity Busting Myths & Correcting False Beliefs	Archit Kaul HOD - Nutrition Science Katherine Fernandes Nutrition Faculty K11 School Of Fitness Sciences
	Vote Of Thanks	