



## Program Schedule

Time	Topic	Speaker
10.00 Am to 10.30 Am	Welcome Address	<b>Alok Shirodkar</b> Founder Krunch Fitness Media <b>Ritu Maggo</b> REPS India
10.30 Am to 11.45 Am	Beyond The Gym Planning Effective Training Strategies in Non Commercial Gyms	<b>Yogesh Chavan</b> Senior Faculty K11 School Of Fitness Sciences
11.45 Am to 12.45 Pm	Importance of CPR & Lifesaving Skills	<b>Yusuf Chudesra</b> Founder and Director Lifesaving Mumbai
12.45 Pm to 1.00 Pm	Importance of Body Composition Analyzers	<b>Aakashdeep Singh Kaith</b> Inbody
1.00 Pm to 2.00 Pm	<b>Lunch Break</b>	
02.00 Pm to 03.00 Pm	The art of coaching Functionally & Mindfully	<b>Aditya Arora</b> Life Fitness India Master trainer; PTA Global Certified PT; Sivananda Yoga Certified; REHAB, TRX , BOSU certified
03.00 Pm to 04.00 Pm	Fundamentals of Kettlebell Lifting	<b>Siddharth Sarpotdar</b> Gold Medalist, Coach & Master Trainer K11 school of fitness sciences
	Tea Break	
04.15 Pm to 04.45 Pm	<b>Protein</b> A Basic Nutrition Essential	<b>Ishan Qureshi</b> Founder & Director Being Gymaholic Healthy Khana by Gymaholic Gymaholic Nutrition
4.45 Pm to 5.30 Pm	Panel Discussion & Q&A	