

Time	Hall 1	Hall 2	Hall 3	Hall 4
815-0915	Kickboxing Class			
925-1025	Functional Movement Screening and Weightlifting for fitness training <b>Ms Tham Wai Yee</b>	Sports Apparel & Compression by <i>Compressports</i> <b>Dr Teoh Chin Sim</b> <b>80 pax</b>	Fitness Conditioning for the Elderly <b>50 pax</b> <b>Mr Muthiah S/O Rethinam</b>	Plyometrics/Jump training: Why should you do them? <b>80pax</b> <b>Mr Robert Palka</b>
1035-1135	Periodisation - is it for fitness too? What are the advantages? By <i>MBT</i> <b>Ms Tham Wai Yee</b>	Flossing- an alternative myofascial release technique by <i>Sanctband</i> <b>80 pax</b> <b>Ms Sharon Ong</b>	Everything about your Footwear and Joints By <i>Qoolmart</i> <b>Dr Teoh Sim Sim</b> <b>50 pax</b>	Strength & Conditioning for Endurance events <b>50 pax</b> <b>Mr Muthiah S/O Rethinam</b>
1145-1245	All about core, and how more core training does not transfer to better performance by <b>Mr Robert Palka</b>	Boxing Circuit by <i>SWEAT!</i> <b>70 pax</b>	Sports Massage and Recovery by <i>Protec</i> <b>Ms Sharon Ong</b> <b>40 pax</b>	Yoga <b>50 pax</b>
1255-1355	Strength Training; variations, regressions and progressions <b>Mr Robert Palka</b>	Sports Nutrition by <i>GU</i> <b>80 pax</b> <b>Mr Derrick Ong</b>	Sports Taping by <i>KT TAPE</i> <b>Ms Sharon Ong</b> <b>40 pax</b>	Using Body Weight exercises to effectively train for endurance by <i>Sanctband</i> <b>60 pax</b> <b>Ms Tham Wai Yee</b>
<b>All workshop are schedule for an hour</b>				