

| | SPOTLIGHT STUDIO | PRESENTER/S | WHO ARE THEY? |
|----------------------|--|---------------------------------|---|
| 10.00 – 10.30 | ARRIVE AND MINGLE | | |
| 10.30 – 10.50 | Welcome | Team EMD UK | The national governing body for group exercise team |
| 11.00 – 12.00 | Dance Cardio | Gede Foster | Master trainer, FRAME |
| 12.30 – 13.30 | Mission: World class teaching skills and application with MATRIX; the next big HIIT | Dan Little | Head of Fitness, DIGME FITNESS |
| 13.30 – 14.30 | NETWORKING LUNCH | | |
| 14.30 – 15.30 | Load to explode! Functional movement and application knowledge bombs with a Cornishman and a New Yorker! | James Trevorrow & Israel Rivera | Head of Product Innovation Head of Group Exercise, Virgin Active Health Clubs UK |
| 15.45 – 16.45 | Jivamukti Yoga: A path to enlightenment through compassion to all beings | Luis Valentine | Certified Jivamukti Yoga teacher, TriYoga & Psyche |
| 16.45 – 17.00 | CURTAIN CALL | | |

| | BACKSTAGE STUDIO | PRESENTER/S | WHO ARE THEY? |
|----------------------|--|---|---|
| 10.00 – 10.30 | ARRIVE AND MINGLE | | |
| 10.30 – 10.50 | | | |
| 11.00 – 12.00 | Power up your class planning for maximum results with a world class triathlete | Chris Stanton | Master Trainer, Wattbike |
| 12.30 – 13.30 | How to self-empower to unlock your potential and create your best 2018 | Mikaela Jackson | Founder, She Almighty |
| 13.30 – 14.30 | NETWORKING LUNCH | | |
| 14.30 – 15.30 | Money: Instructor pay, round table discussion | Chair: Gillian Reeves Panel: Emma Forward, Will Brereton Michael Betts | Head of Instructor Development, EMD UK COO, EMD UK Founder, Sh1ft CEO, Train Fitness |
| 15.45 – 16.45 | | | |
| 16.45 – 17.00 | CURTAIN CALL | | |

| | THE THINK TANK | PRESENTER/S | WHO ARE THEY? |
|----------------------|--|---|--------------------------------------|
| 11.00 – 12.00 | Group Exercise leaders insight discussion: Invitation only | Jade Cation and EMD UK Senior Management Team | Head of Business Development, EMD UK |