



Time	Event					
1.15pm	Registration (Venue: Level 21)					
1.45pm	<p>Welcome Address (Venue: Level 21) Mr Adrian Mok (Class 1999, BUS) Founder & Director, HiVelocity Pte Ltd Vice-President (Social & Community Engagement), NTU NBS Alumni Association</p> <p>Intro of Fitness Instructors Overview of Fitness Trends in 2019 Adjourn to Respective Fitness Sessions</p>					
Venue	Studio 0 (Level 1)	Studio 6 (Level 21)	Studio 3 (Level 22)	Studio 2 (Level 22)	Studio 1 (Level 22)	Level 21
Activities	Aerial Yoga	Reformer	HIIT	Barre	Aroma Stretch with Singing Bowl Therapy	Meditation
2pm - 2.45pm	Group 1	Group 2	Group 3	Group 4	Group 5	
2.45pm - 3pm	Break					
3pm - 3.45pm	Group 6	Group 7	Group 8	Group 9	Group 10	
3.45pm - 4pm	Break					
4pm - 4.30pm						
4.30pm	<p>Washing Up (Towels, lockers, changing rooms and shower facilities at Level 22) Light Refreshment (Venue: Level 22)</p>					
5.30pm	End of Programme					

* Programme may be subject to slight changes on event day.