

Schedule

Time	24th June 2020 (Day 3)						
0900-0930	EXERCISE & NUTRITION Dr. Zsuzsanna Fajcsak Hungary						
0930-1000	EXERCISE & METABOLIC HEALTH Dr. James Brown United Kingdom						
1000-1030	EXERCISE & MENTAL HEALTH Dr. Lim Boon Hooi Malaysia						
1030-1035	X Break						
1035-1205	SYMPOSIA						
	ROOM 1		ROOM 2			ROOM 4	
	Exercise & Nutrition		Exercise & Metabolic Health			Exercise & Mental Health	
1205-1300	Lunch						
1300-1330	EXERCISE AND OCCUPATIONAL HEALTH Dr. Siew Qui Hen Malaysia						
1330-1400	COMMUNITY PROGRAM - EMPOWERING COMMUNITY IN PHYSICAL ACTIVITY & WEIGHT LOSS Dr. Vanitha Malaysia						
1400-1600	WORKSHOP PELVIC FLOOR STRENGTHENING EXERCISE (SPORTS ATTIRE REQUIRED)						
1600-1630	Break						
	ROOM 1	ROOM 2	ROOM 3	ROOM 4	ROOM 5	ROOM 6	MAIN HALL
1630-1800	TAI CHI Evans Siu Fong USA	HIIT Asja Pajk Slovenia	YOGA Nisha India	STRENGTH TRAINING Murphy Puniamuthy Malaysia	AEROBICS Adasandha Malaysia	CORE TRAINING Dr. Lim Boon Hooi Malaysia	STEP ROBIC Amin Malaysia