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<td>MID-DAY WORKOUTS AND WORKSHOPS! Open for all to join!</td>
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<td>Barre for Active Aging</td>
<td>The Athletic Approach to Barre</td>
<td>WORLD OF DANCE U-Jam House Party</td>
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<td>Christina Raskin</td>
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<td>Rebecca Graham</td>
<td>Leslee Bender</td>
<td>Stacey Vandiver</td>
<td>Sheldon McBe &amp; Nikki Snow</td>
<td>Helen Vanderburg</td>
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LEGEND: L - Lecture | W/S - Workshop | W/O - Workout
# SEPTMBER 20

**VIRTUAL SERIES**

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**SPONSOR**

- Barre Above™
- STOTT PILATES® Matwork Flow Conditioning Sequence & Matwork Flow with Weights
- Zumba® Basic 1 Virtual Training (English)
- STRONG Nation™® Virtual Training (English)
- STRONG Nation™® Virtual Training (French)
- Zumba® Basic 1 Virtual Training (French)

**PRESENTER**

- Bender Ball, Gliding Discs, 3-5 lb Weights, Tubing or Resistance Band, Barre
- Kim Kraushar
- Andrea Sandhu
- Amanda Grant
- Karine Opasinski
- Ricardo Marmitte

**TYPE**

- W/S

**EQUIPMENT**

- Bender Ball, Gliding Discs, 3-5 lb Weights, Tubing or Resistance Band, Barre (or chair)
- Pilates Mat, Mini Handweights, Soft Dumbbells

**PRICE**

- $299 + tax (Earlybird price until August 29 at 11:59pm)
- $349 + tax (Regular pricing after August 30)
- $169 + tax
- USD $225 + tax
- USD $300 + tax
- USD $300 + tax
- USD $225 + tax

**LEGEND:**

- L - Lecture
- W/S - Workshop
- W/O - Workout

TSCAN30 offers 30% off listed price USD $300 + tax.
# Virtual Series October 17

## Session # 4000

**Session Title:** Opening Keynote Sponsored by: 

**Emcee:** Rob Robinson

**Panelists:** Nathalie Plamondon-Thomas & Tash Marshall Bean

**Emcee:** Robert Robinson & Canadian Anthem Contest Winner

**Speaker:** Nathalie Plamondon-Thomas

**Title:** Confident: Find Confidence & Clarity to Make Money Living Your Purpose

**Details:**
- Confident: Find Confidence & Clarity to Make Money Living Your Purpose – Nathalie Plamondon-Thomas

**Sponsored by:**
- KEISER
- SGF

**Type:** Lecture

**Location:** 11:45 AM EST - 12:45 PM EST | 8:45 AM PST - 9:45 AM PST | 10:45 AM CST - 11:45 AM CST

## Session # 4010 - 4018

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<td>Panelists: Krista Popowych, Doris Thews &amp; Tash Marshall Bean</td>
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## Session # 4045

**Session Title:** Virtual Delegate Reception

**Emcee:** Maureen (Mo) Hagan & SGT Kent®

**Panelists:** Maureen (Mo) Hagan & David Patchell-Evans

**Details:**
- Virtual Delegate Reception

**Sponsored by:**
- SGF
- NPE

**Type:** Lecture

**Location:** 5:15 PM EST - 6:30 PM EST | 2:15 PM PST - 3:30 PM PST | 4:15 PM CST - 5:30 PM CST

**Legend:**
- L - Lecture
- W/S - Workshop
- W/O - Workout
## OCTOBER 18

### SUNDAY

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<th>GROUP FITNESS &amp; PERSONAL TRAINING</th>
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<td>SCHWINN® Cycling: Indoor Cycling Instructor Certification 9hrs</td>
<td>Core Confidence Specialist Certification</td>
<td>Zumba® Basic 1 Virtual Training (French)</td>
<td>STRONG Nation™® Virtual Training (French)</td>
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<td>THINK Yourself® A COACH – Coaching Certification</td>
<td>SCHWINN® Cycling: Indoor Cycling Instructor Certification 9hrs</td>
<td>Core Confidence Specialist Certification</td>
<td>Zumba® Basic 1 Virtual Training (French)</td>
<td>STRONG Nation™® Virtual Training (French)</td>
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<td>PRESENTER</td>
<td>Nathalie Plamondon-Thomas</td>
<td>Doris Thews &amp; Helen Vanderburg</td>
<td>Julia DiPaolo, Samantha Montpetit-Huynh &amp; Kim Vopni</td>
<td>Ricardo Marmitte</td>
<td>Karine Opasinski</td>
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<td>$224 + tax</td>
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**LEGEND:** L • Lecture | W/S • Workshop | W/O • Workout
# 1 Day Personal Training Summit

**SPONSORED BY:**

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<th>PERSONAL TRAINING</th>
<th>PERSONAL TRAINING</th>
<th>BOUTIQUE FITNESS &amp; BUSINESS SUCCESS MANAGEMENT <strong>Sponsored by:</strong></th>
<th>OLYMPIC &amp; POWERLIFTING</th>
<th>NUTRITION</th>
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**8:30 AM EST - 9:30 AM EST | 5:30 AM PST - 6:30 AM PST | 7:30 AM CST - 8:30 AM CST**

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<td>Emcee: Robert Robinson</td>
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<tr>
<td>Joined by canfitpro Executive: Maureen (Mo) Hagan &amp; Canadian Anthem Contest Winner</td>
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<td>Lisa Mastracchio</td>
<td>Dr. Lee Burton</td>
<td>Sean Greeley</td>
<td>DTS Academy</td>
<td>Kyle Byron</td>
<td>SGT Ken®</td>
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<td>Equipment</td>
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<td>Stretching for Function</td>
<td>Muscle &amp; Mindset: Creating Group Online Programming for Today's Women</td>
<td>The Best of Bodyweight Training</td>
<td>Your Walk is Whack!</td>
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<td>Live Cooking Demo: Rocking Recipes to Relieve Chronic Pain</td>
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<td>PRESENTER</td>
<td>Laura Warf</td>
<td>Krista Popowych</td>
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<td>Kennedy Lodato &amp; Jason Persaud</td>
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<td>The Kettlebell Get-Up - How to Teach the Movement</td>
<td>Micro-Workouts, Minimal Equipment &amp; Maximum Results—Top Tips To Train Today's Client!</td>
<td>Skeletal Variations and How They Apply to Movement</td>
<td>Fix Your Shiz!</td>
<td>Healthy Eating Lifestyle Program</td>
<td>Transform Yourself into a Kick Ass Version of You</td>
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<td>PRESENTER</td>
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<td>Lisa Mastracchio</td>
<td>Christina Raskin</td>
<td>Joe Arko</td>
<td>Dr. Kelly Starrett</td>
<td>Dr. Ken Kinakin</td>
<td>Maureen (Mo) Hagan &amp; Nathalie Flamondon-Thomas</td>
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<td>EQUIPMENT</td>
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**LEGEND:**

L - Lecture | W/S - Workshop | W/O - Workout
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**LEGEND:** L - Lecture | W/S - Workshop | W/O - Workout
### AUGUST 14

**VIRTUAL SERIES**

#### FRIDAY

**SESSION # 1000**

**SESSION# OPENING KEYNOTE SPONSORED BY:**

- **SPONSOR:** canfitpro
- **PRESENTER:** Barry, David Hardy, & Dr Nicole Culos-Reed
- **TYPE:** Virtual Delegate Reception & Awards Celebration
- **SESSION#:** 1000
- **TIME:** 9:00 AM EST - 10:00 AM EST | 8:00 AM PST - 9:00 AM CST

#### BUSINESS SUCCESS MANAGEMENT SPONSORED BY:

- **SPONSOR:** canfitpro
- **PRESENTER:** Sean Greely, Petra Keller, Heather Cunningham, Sue Stavesnic, Amanda Grant, Rachael Babroski 
- **EQUIPMENT:** Bike

#### BOUTIQUE FITNESS SPONSORED BY:

- **SPONSOR:** canfitpro
- **PRESENTER:** David Patchell-Evans & Dr Nicole Culos-Reed
- **EQUIPMENT:** Pilates Mat, Stability Ball

#### WOMEN WHO INFLUENCE SPONSORED BY:

- **SPONSOR:** canfitpro
- **PRESENTER:** Sean Greely, Petra Keller, Heather Cunningham, Sue Stavesnic, Amanda Grant, Rachael Babroski
- **EQUIPMENT:** Bike

#### MOVING YOUR BUSINESS ONLINE SPONSORED BY:

- **SPONSOR:** canfitpro
- **PRESENTER:** Sean Greely, Petra Keller, Heather Cunningham, Sue Stavesnic, Amanda Grant, Rachael Babroski
- **EQUIPMENT:** Pilates Mat, Stability Ball

### WEDNESDAY

**SESSION # 1001**

**SESSION# MID-DAY WORKOUTS AND WORKSHOPS! Open for all to join!**

- **SPONSOR:** Matrix
- **SESSION#:** 1001
- **TIME:** 12:00 PM EST - 1:00 PM EST | 9:00 AM PST - 10:00 AM CST

#### BUSINESS SUCCESS MANAGEMENT SPONSORED BY:

- **SPONSOR:** canfitpro
- **PRESENTER:** David Patchell-Evans & Dr Nicole Culos-Reed
- **EQUIPMENT:** Bike, Yoga Mat

#### BOUTIQUE FITNESS SPONSORED BY:

- **SPONSOR:** canfitpro
- **PRESENTER:** David Patchell-Evans & Dr Nicole Culos-Reed
- **EQUIPMENT:** Pilates Mat, Stability Ball

#### WOMEN WHO INFLUENCE SPONSORED BY:

- **SPONSOR:** canfitpro
- **PRESENTER:** David Patchell-Evans & Dr Nicole Culos-Reed
- **EQUIPMENT:** Pilates Mat, Stability Ball

#### MOVING YOUR BUSINESS ONLINE SPONSORED BY:

- **SPONSOR:** canfitpro
- **PRESENTER:** David Patchell-Evans & Dr Nicole Culos-Reed
- **EQUIPMENT:** Pilates Mat, Stability Ball

### WEDNESDAY

**SESSION # 1002**

**SESSION# MID-DAY WORKOUTS AND WORKSHOPS! Open for all to join!**

- **SPONSOR:** Matrix
- **SESSION#:** 1002
- **TIME:** 1:30 PM EST - 2:30 PM EST | 10:30 AM PST - 11:30 AM CST

#### BUSINESS SUCCESS MANAGEMENT SPONSORED BY:

- **SPONSOR:** canfitpro
- **PRESENTER:** David Patchell-Evans & Dr Nicole Culos-Reed
- **EQUIPMENT:** Pilates Mat

#### BOUTIQUE FITNESS SPONSORED BY:

- **SPONSOR:** canfitpro
- **PRESENTER:** David Patchell-Evans & Dr Nicole Culos-Reed
- **EQUIPMENT:** Pilates Mat

#### WOMEN WHO INFLUENCE SPONSORED BY:

- **SPONSOR:** canfitpro
- **PRESENTER:** David Patchell-Evans & Dr Nicole Culos-Reed
- **EQUIPMENT:** Pilates Mat

#### MOVING YOUR BUSINESS ONLINE SPONSORED BY:

- **SPONSOR:** canfitpro
- **PRESENTER:** David Patchell-Evans & Dr Nicole Culos-Reed
- **EQUIPMENT:** Pilates Mat

#### CLOSING PANELS

**SESSION # 1003**

**SESSION# CLOSING PANELS**

- **SPONSOR:** canfitpro
- **PRESENTER:** David Patchell-Evans & Dr Nicole Culos-Reed
- **EQUIPMENT:** W/S

#### BUSINESS SUCCESS MANAGEMENT SPONSORED BY:

- **SPONSOR:** canfitpro
- **PRESENTER:** David Patchell-Evans & Dr Nicole Culos-Reed
- **EQUIPMENT:** W/S

#### BOUTIQUE FITNESS SPONSORED BY:

- **SPONSOR:** canfitpro
- **PRESENTER:** David Patchell-Evans & Dr Nicole Culos-Reed
- **EQUIPMENT:** W/S

#### WOMEN WHO INFLUENCE SPONSORED BY:

- **SPONSOR:** canfitpro
- **PRESENTER:** David Patchell-Evans & Dr Nicole Culos-Reed
- **EQUIPMENT:** W/S

#### MOVING YOUR BUSINESS ONLINE SPONSORED BY:

- **SPONSOR:** canfitpro
- **PRESENTER:** David Patchell-Evans & Dr Nicole Culos-Reed
- **EQUIPMENT:** W/S

### WEDNESDAY

**SESSION # 1004**

**SESSION# CLOSING PANELS**

- **SPONSOR:** canfitpro
- **PRESENTER:** David Patchell-Evans & Dr Nicole Culos-Reed
- **EQUIPMENT:** W/S

#### BUSINESS SUCCESS MANAGEMENT SPONSORED BY:

- **SPONSOR:** canfitpro
- **PRESENTER:** David Patchell-Evans & Dr Nicole Culos-Reed
- **EQUIPMENT:** W/S

#### BOUTIQUE FITNESS SPONSORED BY:

- **SPONSOR:** canfitpro
- **PRESENTER:** David Patchell-Evans & Dr Nicole Culos-Reed
- **EQUIPMENT:** W/S

#### WOMEN WHO INFLUENCE SPONSORED BY:

- **SPONSOR:** canfitpro
- **PRESENTER:** David Patchell-Evans & Dr Nicole Culos-Reed
- **EQUIPMENT:** W/S

#### MOVING YOUR BUSINESS ONLINE SPONSORED BY:

- **SPONSOR:** canfitpro
- **PRESENTER:** David Patchell-Evans & Dr Nicole Culos-Reed
- **EQUIPMENT:** W/S
### AUGUST 15

**VIRTUAL SERIES**

#### SATURDAY

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<th>FEATURE - BUILD A BADASS BOUTIQUE MASTERCLASS</th>
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<th>MOVING YOUR BUSINESS ONLINE</th>
<th>GROUP FITNESS</th>
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<th>YOGA</th>
<th>PERSONAL TRAINING</th>
<th>COACHING &amp; WELLNESS</th>
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**SESSION # 2000**

**OPENING GENERAL SESSION**

**Live Your Passion - Achieve Your Best**

- Maureen (Mo) Hagan & canfitpro Fitness Professional of the Year Finalists 2020
- Emcee: Lawrence Bisconti

**Sponsored by:**

- canfitpro Executive: Maureen (Mo) Hagan & Canadian Anthem Contest Winner

**SESSION # 2010**

**SPONSOR**

- NPE

**SESSION**

- Start the Fitness Business of Your Dreams During the Fitness Industry Recovery: A step-by-step guide to building a highly profitable business after COVID-19
- Build a Badass Boutique Masterclass (Full Day)
- What Fit Pros Want from Their Leaders
- The Virtual Presentation Playbook: Connecting to Your Community on Camera with Seven Simple Steps
- HIIT meets TUT: The best of both worlds!
- Science Of Recovery for Optimal Performance
- Take Refuge in Your Yoga Practice
- Metabolic Conditioning with 9 Monster Workouts
- The 7 Holistic Nutrition and Healthy Habits for Long Term Weight Loss
- Facts Over Fear—What to Eat Now

**TYPE**

- L

**PRESENTER**

- Sean Greeley
- Emma Barry
- Nathalie Lacombe
- Lisa Mastracchio
- Bryce Hastings
- Catina Topaish
- Dr. Len Kravitz
- Laura Jackson
- Carol Harrison

**EQUIPMENT**

- E-Book, 100 page workbook provided ahead of time to limited delegates
- Yoga Mat

**SESSION # 2025**

**SPONSOR**

- GoodLife Fitness

**SESSION**

- Kids Fitness Fun: a Family-friendly Workout
- WORLD OF DANCE U-Jam House Party
- STRONG Nation®
- BODYCOMBAT®
- Yoga Fitness Fusion
- Women's Hormonal Health & Happiness

**TYPE**

- W/S

**PRESENTER**

- Melanie Levensen
- Matt Leung
- Nikki Snow
- Amanda Grant
- Sandy Gribbon
- Christina Raskin
- Dr. Gillian Mandich

**EQUIPMENT**

- Yoga Mat

**SESSION # 2032**

**SPONSOR**

- GoodLife Fitness

**SESSION**

- Re-ignite Your Leadership Spark
- THINK Yourself ACHIEVEMENT
- Online & Save Time
- The Art Of Connection
- Reimagined Step and Reps
- NEWBODY MUSCLE
- PL3Y Movement & Mental Health for Kids
- The Importance of Utilizing Primitive and Transitional Movement Patterns in Exercise Programming
- Breathwork for Mood Management
- Immunity Boosters & Busters

**TYPE**

- W/S

**PRESENTER**

- Ben Patwa & Greg Sellar
- Maureen (Mo) Hagan
- Nathalie Plamondon-Thomas
- Helen Vanderburg
- Krista Popowych
- Lisa Mastracchio
- Melanie Levensen
- Dr. Lee Burton
- Paul Galloro
- Tricia Silverman

**EQUIPMENT**

- A rolled towel

**SESSION # 2050**

**SPONSOR**

- GoodLife Fitness

**SESSION**

- Zoom ONLY!
- A rolled towel

**TYPE**

- W/S

**PRESENTER**

- Nathalie Plamondon-Thomas
- Helen Vanderburg
- Lisa Mastracchio
- Melanie Levensen
- Dr. Lee Burton
- Paul Galloro
- Tricia Silverman

**EQUIPMENT**

- A rolled towel

**SESSION # 2060**

**SPONSOR**

- GoodLife Fitness

**SESSION**

- Step (optional), Weights, Resistance Band
- Handweights (3lbs)
- Resistance tubing (with handles)

**TYPE**

- W/S

**PRESENTER**

- Catina Topaish
- Dr. Len Kravitz
- Laura Jackson
- Carol Harrison

**EQUIPMENT**

- Yoga Mat

**SESSION # 2070**

**SPONSOR**

- GoodLife Fitness

**SESSION**

- A rolled towel

**TYPE**

- W/S

**PRESENTER**

- Melanie Levensen
- Matt Leung
- Nikki Snow
- Amanda Grant
- Sandy Gribbon
- Christina Raskin
- Dr. Gillian Mandich

**EQUIPMENT**

- Yoga Mat

**SESSION # 2080**

**SPONSOR**

- GoodLife Fitness

**SESSION**

- A rolled towel

**TYPE**

- W/S

**PRESENTER**

- Nathalie Plamondon-Thomas
- Helen Vanderburg
- Krista Popowych
- Lisa Mastracchio
- Melanie Levensen
- Dr. Lee Burton
- Paul Galloro
- Tricia Silverman

**EQUIPMENT**

- A rolled towel

**SESSION # 2090**

**SPONSOR**

- GoodLife Fitness

**SESSION**

- A rolled towel

**TYPE**

- W/S

**PRESENTER**

- Nathalie Plamondon-Thomas
- Helen Vanderburg
- Krista Popowych
- Lisa Mastracchio
- Melanie Levensen
- Dr. Lee Burton
- Paul Galloro
- Tricia Silverman

**EQUIPMENT**

- A rolled towel

**SESSION # 2099**

**SPONSOR**

- GoodLife Fitness

**SESSION**

- A rolled towel

**TYPE**

- W/S

**PRESENTER**

- Nathalie Plamondon-Thomas
- Helen Vanderburg
- Krista Popowych
- Lisa Mastracchio
- Melanie Levensen
- Dr. Lee Burton
- Paul Galloro
- Tricia Silverman

**EQUIPMENT**

- A rolled towel

**SESSION # 2100**

**SPONSOR**

- canfitpro Executive: Maureen (Mo) Hagan & Canadian Anthem Contest Winner

**SESSION**

- Closing the Knowing-Doing Gap
- Live Your Passion - Achieve Your Best
- Re-ignite Your Leadership Spark
- Zoom ONLY!
- A rolled towel

**TYPE**

- W/S

**PRESENTER**

- Maureen (Mo) Hagan
- Nathalie Plamondon-Thomas
- Helen Vanderburg
- Krista Popowych
- Lisa Mastracchio
- Melanie Levensen
- Dr. Lee Burton
- Paul Galloro
- Tricia Silverman

**EQUIPMENT**

- A rolled towel

**SESSION # 2110**

**SPONSOR**

- canfitpro Executive: Maureen (Mo) Hagan & Canadian Anthem Contest Winner

**SESSION**

- Live Your Passion - Achieve Your Best
- Zoom ONLY!
- A rolled towel

**TYPE**

- W/S

**PRESENTER**

- Maureen (Mo) Hagan
- Nathalie Plamondon-Thomas
- Helen Vanderburg
- Krista Popowych
- Lisa Mastracchio
- Melanie Levensen
- Dr. Lee Burton
- Paul Galloro
- Tricia Silverman

**EQUIPMENT**

- A rolled towel

**SESSION # 2120**

**SPONSOR**

- canfitpro Executive: Maureen (Mo) Hagan & Canadian Anthem Contest Winner

**SESSION**

- Live Your Passion - Achieve Your Best
- Zoom ONLY!
- A rolled towel

**TYPE**

- W/S

**PRESENTER**

- Maureen (Mo) Hagan
- Nathalie Plamondon-Thomas
- Helen Vanderburg
- Krista Popowych
- Lisa Mastracchio
- Melanie Levensen
- Dr. Lee Burton
- Paul Galloro
- Tricia Silverman

**EQUIPMENT**

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<td>STRONG Nation™® Virtual Training (English)</td>
<td>Zumba® Basic 1 Virtual Training (French)</td>
<td>STRONG Nation™® Virtual Training (French)</td>
<td>Zumba® Mega Z.J Jam Session</td>
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<td>TYPE</td>
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<tr>
<td>PRESENTER</td>
<td>Andrea Sandhu</td>
<td>Amanda Grant</td>
<td>Ricardo Marmitte</td>
<td>Karine Opasinski</td>
<td>Carlos Henriquez, Anna Marchenko, Natalie Wiafe, Mylene Facchini &amp; Stewart Traill</td>
</tr>
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<td>EQUIPMENT</td>
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<tr>
<td>PRICE</td>
<td>USD $225 + tax</td>
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<td>USD $225 + tax</td>
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<td>USD $30 + tax</td>
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**LEGEND:** L - Lecture | W/S - Workshop | W/O - Workout