

canfitpro | 2022

GLOBAL CONFERENCE & TRADE SHOW

AUGUST 10-14, 2022

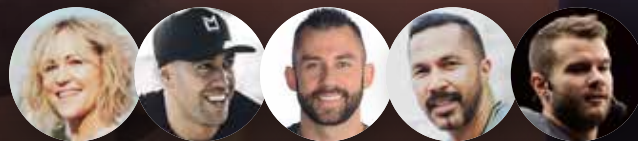
GOODLIFE EXCLUSIVE

LES MILLS
LIVE
TORONTO
2022 GoodLife FITNESS

Register using
your GoodLife
Associate Discount
FOR ONLY
\$199

canfitpro2022.com/global/goodlife

PRESENTERS



Kylie Gates, Ben Main, Steve Tansey, Mark Nu'u, Alex Sanchez

and Cinzia Bemann, Inno Delarmente, Gavin Featherstone, Julie Frias, Kathleen Fursey, Kim Gibas, Sandy Gribbon, Maureen "Mo" Hagan, Ming Hillier, Fred Kung, Csaba Korosi, Jenna Longo, Lisa Mastracchio, Dan McDonogh, Jeanette Novak, Erin O'Connell, Melvin Ong, John-Henri Peterson, Amanda Scales, Sue Staresinic, Alyssa Walton, Luke Woolliscroft

Time	Session	Presenters
12:15 PM 1:10 PM	Best of LES MILLS RPM	Dan McDonogh, Gavin Featherstone
2:15 PM 3:00 PM	NEWBODY	Mo Hagan, Sue Staresinic, Lisa Mastracchio
3:15 PM 4:15 PM	LES MILLS BODYCOMBAT	Inno Delarmente, Sandy Gribbon, Jenna Longo, Steve Tansey
4:30 PM 5:15 PM	LES MILLS SH'BAM	Alex Sanchez, Alyssa Walton
4:30 PM 5:00 PM	LES MILLS sprint	Cinzia Bemann
5:30 PM 6:00 PM	LES MILLS STRETCH®	Mark Nu'u

FRIDAY August 12

August 13 SATURDAY

Time	Session	Presenters
7:00 AM 7:15 AM	Opening	Kim Lavender, Dan McDonogh, Patch
7:15 AM 8:15 AM	LES MILLS BODYPUMP	Kylie Gates, Ben Main, Cinzia Bemann, Ming Hillier, Luke Woolliscroft
8:30 AM 9:30 AM	LES MILLS BODYSTEP	Mark Nu'u, Amanda Scales, Melvin Ong
9:45 AM 10:15 AM	LES MILLS GRIT ATHLETIC	Ben Main, Steve Tansey
10:15 AM 10:45 AM	LES MILLS GRIT STRENGTH	Ben Main, Steve Tansey
10:15 AM 10:45 AM	LES MILLS sprint	Cinzia Bemann
11:00 AM 11:45 AM	tone	Mark Nu'u, Juie Frias, Kathleen Fursey
12:00 PM 1:00 PM	Behind the Scenes with Les Mills International – Meet the Team	Ben Main, Kylie Gates, Mark Nu'u, Alex Sanchez, Steve Tansey
1:15 PM 2:15 PM	LES MILLS BODYATTACK	Amanda Scales, Fred Kung, Erin O'Connell, John-Henri Peterson
1:15 PM 2:15 PM	LES MILLS RPM	Dan McDonogh, Gavin Featherstone, Kim Gibas
2:30 PM 3:15 PM	LES MILLS CORE	Kim Gibas, Kylie Gates, Jeanette Novak, Fred Kung
3:30 PM 4:30 PM	LES MILLS BODYJAM	Alex Sanchez, Alyssa Walton
3:30 PM 4:30 PM	LES MILLS RPM	Gavin Featherstone, Cinzia Bemann, Csaba Korosi
4:45 PM 5:45 PM	LES MILLS BODYBALANCE	Kylie Gates, Julie Frias, Jeanette Novak, Fred Kung, Sue Staresinic