



COURSE TIMETABLE

DAY 1: SATURDAY

10:00 - Introduction to the Weekend



10:30 - Initial Consultation Observations: Learning Best Practice - Part 1



11:45 - Break



12:00 - Initial Consultation Observations: Learning Best Practice - Part 2



13:30 - Lunch

14:25 - Client Calculation Scenarios



15:45 - Break



16:00 - Case Study: Pragmatic Nutrition Programming for Muscle Gain - Part 1



17:00 - Finish

19:30 - Dinner

21:00 - Socialising (Hotel Bar)



COURSE TIMETABLE

DAY 2: SUNDAY

09:30 - Case Study:
Pragmatic Nutrition
Programming for Muscle
Gain - Part 2

11:00 - Initial
Consultation: Practising
Best Practice - Part 1

10:45 - Break

12:45 - Lunch

15:00 - Break

16:00 - Designing Services,
Onboarding Clients &
Delivering Quality

13:40 - Case Study: Client
Programming for Fat Loss &
Clients with Metabolic
Adaptation

15:15 - Initial Consultation:
Practising Best Practice -
Part 2

17:00 - Open Q&A

APPROXIMATE FINISH TIME 18:00