COURSE TIMETABLE

DAY 1: SATURDAY

10:00 - Introduction to the Weekend

10:45 - Break

11:00 - Initial Consultation Observations: Learning Best Practice

13:30 - Lunch

14:25 - Client Calculation Scenarios

15:25 - Break

15:40 - Case Study - Pragmatic Nutrition Programming for Muscle Gain

17:00 - Finish

19:30 - Dinner

21:00 - Socialising (Hotel Bar)

COURSE TIMETABLE

DAY 2: SUNDAY

9:30 - Initial Consultation: Practising Best Practice - Part 1

11:00 - Break

11:15 - Case Study: Client Programming for Fat Loss & Clients with Metabolic Adaptation

12:45 - Lunch

13:40 - Initial Consultation: Practising Best Practice - Part 2

14:45 - Break

15:00 - Designing Services, Onboarding Clients & Delivering Quality

16:00 - Graduating from MNU: Course Completion Process & Professional Development

17:00 - Open Q&A

APPROXIMATE FINISH TIME 18:00