



# COURSE TIMETABLE

## DAY 1: SATURDAY

10:00 - Introduction to the Weekend

11:45 - Break

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

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

13:30 - Lunch

14:25 - Client Calculation Scenarios

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

15:45 - Break

17:30 - Finish

20:00 - Dinner

21:30 - 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

15:15 - Break

16:30 - Designing Services,  
Onboarding Clients &  
Delivering Quality

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

15:30 - Initial Consultation:  
Practising Best Practice -  
Part 2

17:30 - Open Q&A

APPROXIMATE FINISH TIME 18:00