

Polestar Pilates 2nd Australasian Conference and Exhibition **Schedule**



	Fri 26th Feb - Day 1	Sat 27th Feb - Day 2	Sun 28th Feb - Day 3	
7am				7am
8	Registration	Movement Class 7.00am-8.00am	Movement Class 7.00am-8.00am	8
9	Opening Ceremony KeyNote Speaker 8.00am-10.00am	Break	Break	9
10	Morning Tea	Featured Presenter 8.30am-11.30pm inc. 30min Morning Tea	Featured Presenter 8.30am-11.30pm inc. 30min Morning Tea	10
11	Featured Presenter 10.30am-1.00pm			11
12pm		Lunch 11.30-1.00pm \$\$ Optional Round Table	Lunch Research Forum 11.30-12.30pm	12pm
1	Lunch 1.00pm-2.00pm		Workshop 3 12.30 - 2.30pm	1
2		Workshop 2 1.00-3.00pm		2
3	Workshop 1 2.00pm-4.00pm	Afternoon Tea	Closing remarks 2.30-3.00pm	3
4	Afternoon Tea	Movement Class 3.30pm-4.30pm		4
5	Movement Class 4.30pm-5.30pm	Movement Class 4.30-5.30pm		5
6	Movement Class 5.30pm-6.30pm			6
7				7
8				8
9				9

Celebration Party @ 7pm
Latin Dance & Performances