



NEW DATE!



**ATHLETICUM
FITNESS**

**WIRED SCHEDULE
SATURDAY 5TH FEBRUARY
🕒 9:15AM - 4:00PM**

9.15AM WELCOME & INTRODUCTIONS



**9.30AM MASTER INSTRUCTOR DELYS POYNTON
SPINNING® RIDE | EVOLVE**



**10.30AM MASTER INSTRUCTOR ROSE O'DONOVAN
WORKSHOP | OXYGEN ADVANTAGE MASTERCLASS**



**11.30AM TEAM PRESENTER CARMELL DEMELLO
SPINNING® RIDE | INVISIBLE CONNECTIONS**

12.15AM 45 MIN BREAK



**1.00PM SPECIAL GUEST DANIEL TWOMEY PHD
WORKSHOP | FEEL-GOOD FACTOR OF FITNESS**



**2.00PM MASTER INSTRUCTOR SARAH MORELLI
SPINNING® RIDE | MOVING CHI**



**3.00PM MASTER INSTRUCTOR TAMI REILLY
WORKSHOP | SELF-CARE: SPILL THE TEA**

<https://bit.ly/TribeWired>

OFFICIAL SPINNING® & FITNESS EVENT | 2 SPIN® CECS | 2 REPS IRELAND CPDS

