

DANI



M O V E T O
L I V E
T O M O V E

SHIFT day 健美日

Oct. 23 2pm-7pm @ Fraser Suites, 6F terrace

2:00- 2:30

Sign-Up, Welcome, Warm-up 登记, 欢迎, 热身

Sport Areas 健身区

Place
位置

A

B

C

D

E

2:30-3:15

Yoga 瑜伽
Juliet

HIIT
高强度间歇性训练
MoreFun

Self Defense 自卫
Robbie & Matan

Karate
空手道
Concept

15 minute break

3:30-4:15

Jazz Dance
爵士舞蹈
Sinostage

Fitness Games
健身游戏
MoreFun

HIIT
高强度间歇性训练
Dani

Shiatsu
日式指压
按摩
Matan

Goldspirts
自行车比赛
Natooke

15 minute break

4:30-5:15

Pilates
彼拉提斯
Juliet

Gymnastics
体操
MoreFun

CoreStability
核心稳定
Daisy

Taijutsu
武道忍术
Robbie

Kids Area 儿童区

2:30-5:30

CoolTrip, ADG Dental
Camping, games, activities 露营, 游戏, 活动

Food & Drink Area 健康美食饮料

2:30-6:30

Healthy Gourmet / Ethos / Infit / MixMe Healthy Kitchen / SHIFT

Workshop Area 培训区

2:30-3:15

Nutrition 营养 (Shaz)

3:30-4:15

Infant Massage Workshop 儿童按摩培训 (Maria)

4:30-5:15

Nutrition 营养 (Shaz)

5:30-6:30

Prizes, Raffles and Socializing

DANI



DANI – HIIT

Dani of Live to Move Fitness is a certified personal trainer and yoga teacher who's focus is on empowering others in exploring their fitness goals. She has been training in America as well as China for over 6 years, and specializes in high intensity interval training, strength training and athletic performance.

S **H** **I** **F** **T**
sport. *health.* *improvement.* *fitness.* *transformation.*

da! **健美** **日**
运动. 健康. 好转. 健身. 转变.

Oct. 23
2pm-7pm

HIIT

高强度间歇性训练

Dani's highlighted class during the SHIFT day will focus on body weight high intensity training.

She is dedicated to sharing a positive mindset and intentional fitness goal setting.



DANI

Get your pre-sale ticket!

购买预售票!





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