

# elevate

WITH

# RENEW

**SATURDAY 4 OCTOBER 2025**

TIME	SESSION	PRESENTER
8.00-8.45AM	OPTIONAL MORNING MOVEMENT - EXPERIENCE OUR RENEW STYLE	MEG STEWART (MAX 8 PPL)
9AM	ARRIVAL: COFFEE & PASTRIES WELCOME & INTROS	ALCHEMY BAKEHOUSE
9.30AM	THE PREGNANT CLIENT SURVIVAL GUIDE (SPOILER: IT'S EASY!)	MEG STEWART
11AM	SEAMLESS SUPPORT: MODIFYING FOR COMMON INJURIES WITHIN YOUR FLOW	SANDY STEWART
MIDDAY	LUNCH BY XO BOWLS	XO BOWLS
1PM	PILATES WITH EVEN MORE PURPOSE: RAISING HEART RATES TO REAP REWARDS	JO WICKS
2PM	BEYOND THE BURN: BUILDING STRENGTH, NOT JUST ENDURANCE, IN PILATES	STEPH NEAL
3.00-4.00PM	STUDIO BOSS LIFE, UNFILTERED: A REAL TALK Q&A	MEG STEWART & STEPH NEAL
5PM	OPTIONAL COCKTAILS & PIZZA AT RED PARK	RED PARK OCEAN GROVE

**ELEVATE YOUR TEACHING. EMPOWER EVERY BODY. EXPAND YOUR IMPACT.**