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MEFIT26 SUMMIT AGENDAS

16th -17th OCTOBER 2026

MARRIOTT RESORT PALM JUMEIRAH, DUBAI, UAE

SUPPORTED BY



9D x MEFIT26



MEFIT26 POWERED BY 9D BREATHWORK

9D Breathwork is a global leader in immersive breathwork experiences. Committed to transforming well-being through the power of breath, sound, and innovative technology.



BUSINESS SUMMIT SPEAKERS

FRIDAY 16th OCT



**HH SHEIKH ABDULLAH
BIN HAMAD BIN SAIF AL SHARQI**
PRESIDENT, EBBF



GREG BOUCHER
FOUNDER & CEO, MEFITPRO



RANIA BOUCHER
MD, MEFITPRO



JOE MOORE
CEO & CO-FOUNDER,
9D BREATHWORK



AIDAN O'BRIEN
STRATEGIC ADVISOR &
EXECUTIVE MENTOR



HAMZA GHERARA
FOUNDER,
GHM CONSULTANCY



DANIEL WEBSTER
CO-FOUNDER,
BOXOLOGY



PETER VAN DER KWAAK
CEO,
CLUBPLANNER GROUP B.V.



GARETH JONES
COO, FIT CODE & WELLFIT



KEVIN TEIXEIRA
CO-FOUNDER,
WAREHOUSE GYM



SHANNON NIELSEN
COO, WAHA HEALTH



DIMITRI KOUTSOUBAKIS
CEO, KUN SPORTS



STEWART MILLER
CO-FOUNDER,
ARKHE & LIVE WIRE

16TH
OCTOBER

FRIDAY

BUSINESS SUMMIT TIMETABLE



FEATURES WORLD'S BEST SPEAKERS IN THE FITNESS ECO SYSTEM A NETWORKING HUB FOR BUSINESS LEADERS & BRAND OWNERS

TIME	SESSIONS
08:30am - 09:00am	Arrival of Dignitaries & Welcome Networking Breakfast Sponsored by <i>nuzest</i> [®] Coffee, Tea, Snacks & Smoothies
09:00am - 09:15am	Welcome Speech - MEFITPRO
09:15am - 10:00am	KEY NOTE SPEECH - LEAD, EXECUTE, AND MULTIPLY - Aidan O’Brien - Strategic Advisor & Executive Mentor
10:00am - 10:15am	9D BUSINESS & LEADERSHIP EXPERIENCE - Joe Moore - CEO & Co-Founder, 9D Breathwork
10:15am - 11:15am	HITTING DEPTH WITH SALES - Daniel Webster - Co-Founder, Boxology
11:15am - 11:30am	Break
11:30am - 12:15pm	THE GROWTH LEAK - Hamza Gherara - Founder, GHM Consultancy
12:15pm - 01:00pm	Panel Discussion 1 THE FUTURE OF WELLNESS SPACES
01:00pm - 02:00pm	Panel Discussion 2 THINK GLOBALLY ACT LOCALLY
02:00pm - 03:00pm	Network Lunch Sponsored by QOOAH .AE



POWERED BY
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BREATHWORK

FITNESS & WELLNESS SUMMIT SPEAKERS

16th - 17th OCT



GAYU LEWIS

HOLISTIC WELLNESS COACH



ADAM JONGSMA

FOUNDER/CEO KP
MOVEMENT INSTITUTE INC.



ROMINA MELWANI

MYCOTHERAPIST, NUTRITIONAL
THERAPIST, FOUNDER OF NUTRITION
HEALTH COLLECTIVE



BEN SIONG

DIRECTOR OF AUSTRALIAN
STRENGTH PERFORMANCE



DR. ELIE ABIRACHED

BIOHACKING EXPERT
FITNESS & LONGEVITY ADVOCATE



JOHNNY NEMER

SPORTS PERFORMANCE COACH



MARK COLES

FOUNDER OF M10 COACHING
& COACHING CONCIERGE



ELENA PARASCHIV

PEAK PILATES MASTER TRAINER



REMI VANECHT

ATHLETES JUNCTION
| HEAD OF EDUCATION



ROSS GILMOUR

CO-FOUNDER OF BETTER
BODY COLLECTIVE



GEMMA WEBSTER

BURGENER STRENGTH
MASTER INSTRUCTOR



MARCIN OLSZEWSKI

TRAINER AND NUTRITIONIST



MAIS JAWHARI

SENIOR PHYSIOTHERAPIST,
FIBROMYALGIA SPECIALIST



MONA BITAR

CO-CREATOR OF
KETTLEFLOWYOGA™



DR. OMAR KHOKHAR

GASTROENTEROLOGIST
& MEDICAL SPEAKER



AVA RODRIGUEZ

FOUNDER OF (M.F.A),
MOVEMENT SPECIALIST, EDUCATOR



SIMON JACOBS

HEAD OF EDUCATION &
TRAINING AT BLAZEPOD



DR. JENNA BURTON

MEDICAL DOCTOR &
LONGEVITY HEALTH SPECIALIST



MILA BONVINI

PEAK PILATES MASTER TRAINER



YOUSRA SHAHER

CERTIFIED PILATES INSTRUCTOR
PRE- AND POST-NATAL SPECIALIST

BIOHACKING & LONGEVITY SUMMIT

TIMETABLE



TIME	
08:30 AM TO 10:00 AM	GLP-1 DRUGS: OUR FAT LOSS SAVIOUR? BY BENJAMIN SIONG GLP-1 MEDICATIONS SUCH AS OZEMPIC® HAVE GAINED ATTENTION FOR ACCELERATING WEIGHT LOSS, BUT WHAT ARE THEIR WIDER PHYSICAL AND MENTAL HEALTH EFFECTS? THIS SEMINAR EXPLORES THE LATEST SCIENCE BEHIND GLP-1 DRUGS, THEIR INTERACTION WITH EXERCISE, AND WHETHER THEY CAN TRULY REPLACE PHYSICAL TRAINING. IT ALSO HIGHLIGHTS THE ROLE PERSONAL TRAINERS CAN PLAY IN SUPPORTING CLIENTS CONSIDERING THESE OPTIONS.
15 MIN BREAK	
10:15 AM TO 11:45 AM	MUSHROOMS & THE BIOLOGY OF AGEING: EXPLORING THE EVIDENCE FOR MEDICINAL MUSHROOMS IN HEALTHSPAN, CELLULAR RESILIENCE AND LONGEVITY BY ROMINA MELWANI ROMINA MELWANI, MYCOTHERAPIST, NUTRITIONIST AND FOUNDER OF THE NUTRITION HEALTH COLLECTIVE, EXPLORES HOW MEDICINAL MUSHROOMS MAY SUPPORT HEALTHY AGEING AND LONGEVITY. THE SESSION EXAMINES THEIR POTENTIAL EFFECTS ON IMMUNITY, INFLAMMATION, OXIDATIVE STRESS, CELLULAR RESILIENCE AND METABOLIC HEALTH, WHILE HIGHLIGHTING WHERE CURRENT EVIDENCE IS STRONGEST AND WHAT IT MAY MEAN FOR CLINICAL PRACTICE.
15 MIN BREAK	
12:00 PM TO 01:30 PM	BEYOND RECOVERY: THE SCIENCE OF CONTRAST THERAPY FOR PERFORMANCE, RESILIENCE, AND LONGEVITY BY DR. ELIE ABIRACHED THIS EVIDENCE-BASED SESSION EXPLORES HOW HEAT AND COLD EXPOSURE CAN SUPPORT RECOVERY, CIRCULATION, NERVOUS SYSTEM REGULATION, RESILIENCE, AND PERFORMANCE. IT COVERS THE SCIENCE BEHIND CONTRAST THERAPY, PRACTICAL PROTOCOLS, AND THE ROLE OF HYPERICE TECHNOLOGIES, INCLUDING THE HYPERICE CONTRAST 2, WITHIN AN INTEGRATED RECOVERY STRATEGY.
LUNCH BREAK 01:30PM TO 2:30PM	
02:30 PM TO 04:00 PM	THE PEPTIDE PROTOCOL: PRECISION STRATEGIES FOR REPAIR, RESILIENCE & HEALTHY AGEING BY DR. JENNA BURTON JOIN DR JENNA BURTON FOR AN EXPLORATION OF HOW PEPTIDES ARE BEING USED TO SUPPORT REPAIR, RECOVERY, IMMUNE RESILIENCE, METABOLIC SIGNALLING AND HEALTHY AGEING — WITH A STRONG FOCUS ON SAFETY, PATIENT SELECTION AND REAL-WORLD APPLICATION IN MODERN PERSONALISED CARE.
15 MIN BREAK	
04:15 PM TO 05:45 PM	BREATHE TO PERFORM: USING BREATHWORK TO OPTIMIZE STRESS, RECOVERY & LONGEVITY BY 9D BREATHWORK THIS EDUCATIONAL AND IMMERSIVE 9D BREATHWORK SESSION EXPLORES HOW BREATHWORK CAN SUPPORT RECOVERY, STRESS MANAGEMENT, RESILIENCE, AND PERFORMANCE. DIVE INTO THE SCIENCE OF HOW BREATHING INFLUENCES THE NERVOUS SYSTEM, FOCUS, EMOTIONAL REGULATION, AND RECOVERY, AND HOW IT CAN COMPLEMENT TRAINING AND LONGEVITY STRATEGIES. PUT IT ALL INTO PRACTICE AND END THE SESSION WITH A MEMORABLE BREATHWORK EXPERIENCE.



16TH
OCTOBER

FRIDAY

FITNESS & WELLNESS SUMMIT TIMETABLE



	BALLROOM 1 + 2 + 3	PALM 1	PALM 2 + 3	PALM 4 + 5	PALM 6
TIME					
08:30 AM TO 10:00 AM	BUSINESS SUMMIT	STRENGTH & CONDITIONINGII PREREQUISITES FIRST: BUILDING BETTER SQUATS Adam Jongsma Theory & Practical	LONGEVITY & BIOHACKING GLP-1 DRUGS: OUR FAT LOSS SAVIOUR? Benjamin Siong Theory	PILATES THE PEAK WAY Mila Bonvini Practical	REHAB/CORRECTIVE EXERCISE SHOULDER PAIN, SCAPULA & POSTURE Dr. Bilal Al Baba Practical
15 MIN BREAK					
10:15 AM TO 11:45 AM		HYPERTHROPHY BUILDING 3D GLUTES: FROM ASSESSMENT TO APPLICATION Ross Gilmour Practical	LONGEVITY & BIOHACKING MUSHROOMS & THE BIOLOGY OF AGEING Romina Melwani Theory	PILATES FIND YOUR POWERHOUSE Elena Paraschiv Practical	STRENGTH AND CONDITIONING THE EVERYDAY ATHLETE: DEVELOPING STRENGTH, POWER & PEAKSPAN Remi Vanecht Practical
15 MIN BREAK					
12:00 PM TO 01:30 PM		FUNCTIONAL TRAINING BURGNER STRENGTH COACH - SNATCH WORKSHOP Gemma Webster Practical	LONGEVITY & BIOHACKING BEYOND RECOVERY Dr. Elie Abirached Theory & Practical	PILATES PRE AND POST NATAL PILATES FOUNDATIONS Mila Bonvini Practical	REHAB/CORRECTIVE EXERCISE PAIN MANAGEMENT AND INJURY PREVENTION IN: HIPS, KNEES & ANKLES Dr. Bilal Al Baba Practical
1 HOUR LUNCH BREAK Sponsored by QOOAH.AE					
02:30 PM TO 04:00 PM	MINDSET / BUSINESS HOW TO ADD ONLINE COACHING TO YOUR PERSONAL TRAINING BUSINESS Mark Coles Theory	STRENGTH & CONDITIONING STRENGTH FROM THE INSIDE OUT INTRA-ABDOMINAL PRESSURE CREATION, TRAINING & INTEGRATION Adam Jongsma Theory & Practical	LONGEVITY & BIOHACKING THE PEPTIDE PROTOCOL: PRECISION STRATEGIES FOR REPAIR, RESILIENCE & HEALTHY AGEING Dr. Jenna Burton Theory	PILATES MAT MASTERY: PRECISION & FEEDBACK Mila Bonvini Practical	REHAB/CORRECTIVE EXERCISE HIPS DON'T LIE: UNCOVER WHAT YOUR HIPS ARE ACTUALLY CAPABLE OF... AND WALK OUT BUTTERY SMOOTH Ava Rodriguez Practical
15 MIN BREAK					
04:15 PM TO 05:45 PM	STRENGTH & CONDITIONING TRAIN LIKE AN ATHLETE PERFORMANCE PRINCIPLES FOR ALL LEVELS Benjamin Siong Theory	FUNCTIONAL TRAINING BLAZEPOD'S REACTIVE INTELLIGENCE- NEXT LEVEL HUMAN PERFORMANCE Simon Jacobs Practical	LONGEVITY & BIOHACKING BREATHE TO PERFORM: USING BREATHWORK TO OPTIMIZE STRESS, RECOVERY & LONGEVITY 9D Breathwork / AJ Practical	PILATES YOUTH-FULL PILATES Elena Paraschiv Practical	REHAB/CORRECTIVE EXERCISE HYPERICE ASSISTED STRETCHING CERTIFICATION Remi Vanecht Practical
06:00 PM TO 07:00 PM 9D TRANSFORMATIONAL EXPERIENCE					

FITNESS & WELLNESS SUMMIT
TIMETABLE



	BALLROOM 1	BALLROOM 2 + 3	PALM 1	PALM 2 + 3	PALM 4 + 5	PALM 6
TIME						
07:00 AM TO 08:00 AM	9D TRANSFORMATIONAL EXPERIENCE					
08:30 AM TO 10:00 AM	HYPERTHROPHY THE FEMALE PHYSIQUE COACHING BLUEPRINT: FROM PHYSIOLOGY TO PRACTICAL APPLICATION Ross Gilmour Theory	MINDSET / BUSINESS BEHAVIOURAL COACHING FOR INCREASED CLIENT COMPLIANCE Benjamin Siong Theory	FUNCTIONAL TRAINING DISCOVER THE POWER OF THE TURKISH GET UP! Marlon Villanueva Practical	STRENGTH & CONDITIONING FASTER & STRONGER - BECOME A BETTER ATHLETE WITH SAQ AND PLYOS Johnny Nemer Practical	PILATES CHAR-ISMATIC FLOW Mila Bonvini Practical	MINDSET / BUSINESS THE FUTURE OF COACHING: FROM FITNESS PROFESSIONAL TO TRANSFORMATION FACILITATOR AJ Theory & Practical
15 MIN BREAK						
10:15 AM TO 11:45 AM	NUTRITION REVERSE DIETING: EAT MORE, STAY LEAN Marcin Olszewski Theory & Practical	NUTRITION THE GUT'S ROLE IN WHAT YOU EAT AND HOW YOU RECOVER Dr. Omar Khokhar Theory	MINDSET / BUSINESS TRAUMA-INFORMED COACHING IN FITNESS Mona Bitar Theory	REHAB/CORRECTIVE EXERCISE FROM POSTURAL ASSESSMENT TO MOVEMENT APPLICATION Dr. Bilal Al Baba Practical	PILATES BALANCE THE STRENGTH AND THE STRETCH Elena Paraschiv Practical	LONGEVITY/BIOHACKING COLD THERAPY: HYPE, HELP OR BOTH? Remi Vanecht Theory & Practical
15 MIN BREAK						
12:00 PM TO 01:30 PM	MINDSET / BUSINESS HOW TO SELL COACHING, STAND OUT, & CONSISTENTLY GROW, IN A CROWDED MARKET Mark Coles Theory	LONGEVITY/BIOHACKING THE MIDLIFE METABOLIC RESET: WHY WOMEN STOP RESPONDING TO DIET & TRAINING AFTER 40 Gayu Lewis Theory	FUNCTIONAL TRAINING MOTIVATION REDEFINED BY REACTIVE INTELLIGENCE - POWERED BY BLAZEPOD Simon Jacobs Practical	FUNCTIONAL TRAINING BURGENER STRENGTH COACH - CLEAN & JERK WORKSHOP Gemma Webster Practical	PILATES REFORMER VARIATIONS Mila Bonvini Practical	REHAB/CORRECTIVE EXERCISE RICE KRISPIE SHOULDERS AND NECK PAIN: WHY MOBILITY EXERCISES WON'T GET RID OF THEM Ava Rodriguez Theory & Practical
1 HOUR LUNCH BREAK Sponsored by QOOAH.AE						
02:30 PM TO 04:00 PM	MINDSET / BUSINESS THE EMBODIED BREATH: NERVOUS SYSTEM MASTERY FOR PERFORMANCE, READINESS, AND LEADERSHIP Mona Bitar Theory & Practical	FUNCTIONAL TRAINING MAY THE FORCE OPPOSE YOU! THE ONE TRUE FOUNDATION FOR UNDERSTANDING ALL EXERCISE Ross Gilmour Theory & Practical	REHAB/CORRECTIVE EXERCISE ROCKTAPE FUNDAMENTALS: TAPING FOR MOVEMENT & PERFORMANCE Dr. Bilal Al Baba Practical	STRENGTH & CONDITIONING APPLIED BIOMECHANICS: MASTERING MUSCLE BIAS IN PULLING Adam Jongsma Practical	PILATES BACK CONNECTIONS BUILD YOUR STAMINA! Elena Paraschiv Practical	REHAB/CORRECTIVE EXERCISE GRUMPY KNEES & WOBBLY LEGS: DITCH THE TRADITIONAL KNEE STRENGTHENING AND TRAIN THEM TO TOLERATE LOAD Yousra & Margarita Theory & Practical
15 MIN BREAK						
04:15 PM TO 05:45 PM	MINDSET / BUSINESS THE BUSINESS OF BREATHWORK Joe Moore Theory & Practical	NUTRITION EATING ACCORDING TO YOUR BODY TYPE AND BLOOD TYPE - WHAT'S THE GO? Benjamin Siong Theory	LONGEVITY/BIOHACKING BEYOND EXERCISE COACHING FIBROMYALGIA CLIENTS Mais Jawhari Theory	STRENGTH & CONDITIONING TWEAKING THE HINGE: BIASING GLUTES, HAMSTRINGS, AND ADDUCTORS Adam Jongsma Practical	PILATES THE MAGIC IN THE CIRCLE Elena Paraschiv Practical	PILATES REFORMER WITHOUT THE MACHINE: PROGRAMMING PILATES RESISTANCE ANYWHERE WITH THE BALA PILATES METHOD Yousra Shaher Practical



THANK YOU

BOOK YOUR TICKET

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**BEST FITNESS
EDUCATION SUMMIT
IN THE MIDDLE EAST**



**FITNESS EVENT
OF THE YEAR 2023**

