



In Shape
Beauty Prize
for
Hair & Make-up



Chef Charles Azar
Healthy Sweet
Masterclass

FLOOR PLAN

Ongoing events program



InShape
health, beauty & fitness fair

March 6 - 9 from 3 till 10pm at BIEL



InShapeFair InShapeLB InShapelB EsquareME www.inshapefair.com

Organized by: Sponsored by: Media Sponsors: Media Partners: Supporting Partners:

Monday, March 09, 2015


IN SHAPE STAGE		
5:30 - 6:00	Interactive Team Building Games	ProMax
6:00 - 6:15	Radical Fitness Show	Fitness Planet - The Radical Team
6:30 - 8:30	IN SHAPE BEAUTY PRIZE FOR HAIR & MAKEUP	E Square
8:30 - 9:30	MISS IN SHAPE 2015	E Square
9:30	Closing Parade	E Square
IN SHAPE BEAUTY CLINIC by Leila Obeid		
5:00 - 5:30	Leila's Signature In Auto Makeup	
5:30 - 5:45	Natural Remedies With "Tabi3i Ajmal"	
5:45 - 6:00	Latest Breakthroughs In The Beauty Industry	Reconstruct Your Beauty Knowledge with Leila & the Experts
6:00 - 6:15	The Guru's Beauty Secrets	
6:15 - 7:30	Meet The Experts	
7:30 - 8:30	One-On-One with Leila! - Upon Appointment	
"HEALTH MATTERS" / B6 - B8 - B10 - B15		
4:00 - 9:30	Benefit from major Medical Societies' awareness campaigns on various health issues & from valuable screening services!	LSOG, OSTEOS, Family Medicine Lebanese Society & Yaduna Foundation
"LOOK ALIKE" by LAB Academy		
3:00 - 10:00	Experience Stardom & Get Into The Look Of Famous Stars!	LAB Team Makeup, Hairdressers & Photographers
DANCE FLOOR		
5:30 - 6:00	Yoga	
6:30 - 7:00	Salsa	Bailando Group
7:30 - 8:00	Zumba Toning	
IN SHAPE KITCHEN		
5:00 - 6:00	Healthy Dining	Chef Hussein Abdel Sater
6:15 - 6:45	The Art Of Fitness Blending	Ali Chehade / The Shakery
7:00 - 8:00	Low Fat Carrot Cake	Chef Charles Azar
CONFERENCE ROOMS		
5:00 - 7:00	Look & Learn	R.B. Products Agent For Selective Professional



6-9 March 2015



In Shape
by **Beauty Clinic**
Leila Obeid



Get to Cook with
Anahid



“Hannibal Warrior
Training”
Presented by
Amine Dib

Look Alike
Experience
with **LAB**
Lebanese Academy of Beauty



Bridal Birds
by
Talal Tabbara



Your Hair...
by **Your Way!**
Jean Chedid

Friday, March 06, 2015

IN SHAPE STAGE		
2:30 - 3:00	Opening Ceremony	E Square
5:00 - 5:10	Flamenco Pasión	Bailando Group
5:30 - 5:45	Taekwondo For ALL	Abou Zaraa Gym
6:15 - 6:40	Bosu Prenatal Workout	CJ Health & Fitness
7:15 - 7:30	Radical Fitness Show	Fitness Planet - The Radical Team
8:00 - 8:30	The Beauty Crew Show	Zaher Jarah & His Team
9:00 - 9:30	Indian Dance	Magma Group
IN SHAPE BEAUTY CLINIC by <i>Leila Obeid</i>		
5:00 - 5:30	Leila's Signature In Auto Makeup	Reconstruct Your Beauty Knowledge with Leila & the Experts
5:30 - 5:45	Natural Remedies With "Tabi3i Ajmal"	
5:45 - 6:00	Latest Breakthroughs In The Beauty Industry	
6:00 - 6:15	The Guru's Beauty Secrets	
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4:00 - 9:30	Benefit from major Medical Societies' awareness campaigns on various health issues & from the valuable screening services!	LSOG, OSTEOS, Family Medicine Lebanese Society & Yaduna Foundation
"LOOK ALIKE" by LAB Academy		
3:00 - 10:00	Experience Stardom & Get Into The Look Of Famous Stars!	LAB Team Makeup, Hairdressers & Photographers
DANCE FLOOR		
5:30 - 6:00	Yoga	Bailando Group
6:30 - 7:00	Salsa	
7:30 - 8:00	Zumba Toning	
IN SHAPE KITCHEN		
6:00 - 7:00	Asian Delights	Anahid Doniguian
7:00 - 8:00	Gluten Free Flourless Chocolate Cake	Chef Charles Azar
8:00 - 9:00	Healthy Dining	Chef Hussein Abdel Sater

Saturday, March 07, 2015

IN SHAPE STAGE		
5:00 - 5:10	Violin Magic	Maria / Fantastix
5:30 - 6:30	Hannibal Warrior Training	Amine Dib / Threshold
6:50 - 7:00	Rio Carnaval	Bailando Group
7:00 - 7:30	"POEM" Fashion Show By Adham Saredidine Haute Couture	Designer Adham Saredidine
8:00 - 9:00	Joe Raad Live On Stage	Joe Raad
9:30 - 9:50	Radical Fitness Show	Fitness Planet - The Radical Team
IN SHAPE BEAUTY CLINIC by <i>Leila Obeid</i>		
5:00 - 5:30	Leila's Signature In Auto Makeup	Reconstruct Your Beauty Knowledge with Leila & the Experts
5:30 - 5:45	Natural Remedies With "Tabi3i Ajmal"	
5:45 - 6:00	Latest Breakthroughs In The Beauty Industry	
6:00 - 6:15	The Guru's Beauty Secrets	
6:15 - 7:30	Meet The Experts	
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"HEALTH MATTERS" / B6 - B8 - B10 - B15		
4:00 - 9:30	Benefit from major Medical Societies' awareness campaigns on various health issues & from the valuable screening services!	LSOG, OSTEOS, Family Medicine Lebanese Society & Yaduna Foundation
"LOOK ALIKE" by LAB Academy		
3:00 - 10:00	Experience Stardom & Get Into The Look Of Famous Stars!	LAB Team Makeup, Hairdressers & Photographers
DANCE FLOOR		
5:30 - 6:00	Lambaerobica Brazilian Dance & Fitness	Passos Alegres
6:30 - 7:00	Latin Moves	Bailando Group
7:30 - 8:00	Afro-Brazilian & Samba Dance	Passos Alegres
IN SHAPE KITCHEN		
5:00 - 6:00	Quinoa Soup & Quinoa Salad	Chef Balkis Othman
6:00 - 7:00	Light & Tasty Treats For Your Shape	Nathalie Yaghi Clinics
7:30 - 8:30	Healthy Athletes Dried Fruits & Chocolate Power Bars	Chef Charles Azar
8:30 - 9:30	Cuisine Santé Healthy Cooking Show	Chef Camille Mousallem
CONFERENCE ROOMS		
6:00 - 8:00	Re-Shape Your Lifestyle	ProMax

Sunday, March 08, 2015

12:30 - 3:30 Radical Fitness "BREAKING ALL LIMITS"		
IN SHAPE STAGE		
5:00 - 5:15	Muay Thai Show	Gofit / Shogun4
5:15 - 5:30	Taekwondo For ALL	Abou Zaraa Gym
5:30 - 6:00	Bosu / VIPR Beach Body Workout	CJ Health & Fitness
6:15 - 6:20	Live Show Painting	Artist Darine Semaan
6:30 - 7:00	Latest Hair Trends Show	R.B. Products Agent For Selective Professional
7:00 - 7:10	Zumba Fever	Bailando Group
7:15 - 8:00	Your Hair...Your Way!	Jean Chedid
8:00 - 8:50	Bridal Birds	Talal Tabara
9:30 - 9:50	Radical Fitness Show	Fitness Planet - The Radical Team
IN SHAPE BEAUTY CLINIC by <i>Leila Obeid</i>		
5:00 - 5:30	Leila's Signature In Auto Makeup	Reconstruct Your Beauty Knowledge with Leila & the Experts
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"LOOK ALIKE" by LAB Academy		
3:00 - 10:00	Experience Stardom & Get Into The Look Of Famous Stars!	LAB Team Makeup, Hairdressers & Photographers
DANCE FLOOR		
5:00 - 5:30	Lambaerobica Brazilian Dance & Fitness	Passos Alegres
6:00 - 6:30	Zumba Toning	Bailando Group
7:00 - 7:30	Afro-Brazilian & Samba Dance	Passos Alegres
IN SHAPE KITCHEN		
5:30 - 6:30	International Delights	Anahid Doniguian
6:30 - 7:15	Eat With Love!	Chef Richard Khoury, New TV
7:30 - 8:00	Hannibal Warrior Meal	Amine Dib / Threshold
8:00 - 8:30	The Art of Fitness Blending	Ali Chehade / The Shakery
CONFERENCE ROOMS		
5:00 - 6:00	Hannibal Warrior Masterclass	Amine Dib / Threshold
3:00 - 7:00	Advocacy Makeup Workshop	FM Group Lebanon