

ONLINE COURSES & WORKSHOPS		Time (UK)	Total Hour	Planned Tutor	Fees £	Fees £		CPD Points
as at 24/01/23								
25th January	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)		Fully booked	
26th January	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)		Fully booked	
27th January	Friday	Pilates for Equestrians	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Kate Fernyhough		Fully booked	A30
28th January	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	4.5 hrs	Nathan Gardner	£125	£112.50	1 space left
Pregnancy Special! Book Performance on 28/01 and Runners on 04/02 or 28/04 for just £199 (Academy members £179)!!								
28th January	Saturday	Foam Roller	10am-12pm & 1pm-3pm	4 hrs	Paul Howse		Fully booked	A30
28th January	Saturday	Pilates for the Menopause: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart		Fully booked	A60 (Days 1&2)
29th January	Sunday	Pilates for the Menopause: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden		Fully booked	A30
3rd February	Friday	Matwork Certification Update Day	10am-12pm & 1.30pm-3pm	3.5hrs	Sarah Marks	£95	£85	2 spaces left
3rd February	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4pm	5.5 hrs	Lynne Robinson	£125	£112.50	1 space left
Pregnancy Special! Book Preg 1 on 03/02 and Pregnancy 2 on 18/02 or 28/04 for just £199 (Academy members £179)!!								
4th February	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	5 hrs	Sarah Warden		Fully booked	A30
4th February	Saturday	Pilates for Runners (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	4.5 hrs	Nathan Gardner	£125	£112.50	5 spaces left
4th February	Saturday	Pilates for the Older Person: Day 1	10am-1pm & 2pm-4.30pm	5.5 hrs	Pauline Thomson		Fully booked	A60 (Days 1&2)
5th February	Sunday	Pilates for the Older Person: Day 2	10am-1pm & 2pm-4pm	5 hrs	Pauline Thomson		Fully booked	A30
5th February	Sunday	Matwork Evolution	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder		3 spaces left	A30
7th February	Tuesday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)		Fully booked	
9th February	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)		Fully booked	
10th February	Friday	Back4Good Low Back Pain: Day 1	10am-1pm & 2pm-4pm	5 hrs	Kyle Blackburn (Leigh until 10.30am)		Fully booked	A90 (Days 1-3)
11th February	Saturday	Back4Good Low Back Pain: Day 2	10am-1pm & 2pm-4pm	5 hrs	Kyle Blackburn		Fully booked	A30
11th February	Saturday	Understanding Neurological Disorders and how Pilates can help	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Louise Tallis		Fully booked	A30
11th February	Saturday	Pilates for the Menopause: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart		Fully booked	A60 (Days 1&2)
12th February	Sunday	Pilates for the Menopause: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden		Fully booked	A30
12th February	Sunday	Back4Good Low Back Pain: Day 3	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis		Fully booked	A60 (Days 1&2)
17th February	Friday	Get More from your Mat	10am-12pm & 1pm-3pm	4 hrs	Paul Howse	£100	£90	2 spaces left
18th February	Saturday	Pilates with the Band - three Sissel 2.5m bands (light, medium, strong) inc. (UK only)	10am-12pm & 1pm-3pm	4 hrs	Paul Howse	£115	£99	1 space left
18th February	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	5 hrs	Sarah Warden	£125	£112.50	3 spaces left
18th February	Saturday	Level 4 Pilates Movement: Day 1	10am-12pm & 1.30pm-3.30pm	4 hrs	Nathan Gardner	£195	£175	3 spaces left
19th February	Sunday	Level 4 Pilates Movement: Day 2	10am-12pm & 1.30pm-3.30pm	4 hrs	Nathan Gardner		Fully booked	A60 (Days 1&2)
L4 Pilates SPECIAL! Book Movement (18/02 & 19/02) and Adaptations (18/03 & 19/03) for just £350 (Academy members £315)!!								
19th February	Sunday	Small Ball & Toning Circle	11am-1pm & 2pm-4pm	4 hrs	Kate Hodder		Fully booked	A30
21st February	Tuesday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)		Fully booked	
22nd February	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)		Fully booked	
24th February	Friday	Lift-Off: The Upper Limb	3pm-6pm	3 hrs	Cara Reeser & Jeremy Laverdure	£275	£247.50	Good availability
25th February	Saturday	Lift-Off: The Upper Limb	3pm-6pm	3 hrs	Cara Reeser & Jeremy Laverdure		Good availability	A90 (Days 1-3)
25th February	Saturday	Pilates for Golfers	10am-12.30pm & 2pm-4pm	4.5 hrs	Jenny Tyler	£115	£99	Good availability
26th February	Sunday	Lift-Off: The Upper Limb	3pm-6pm	3 hrs	Cara Reeser & Jeremy Laverdure		Good availability	A30
2nd March	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)		Fully booked	
3rd March	Friday	Precision of Movement for Teachers	10am-12pm & 1.30pm-3.30pm	3.5 hrs	Sarah Marks	£95	£85	5 spaces left
4th March	Saturday	Exercise Strategies for Diastasis Recti	10am-1pm	3 hrs	Sarah Warden		Fully booked	A15
4th March	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	10am-12pm & 1pm-3pm	4 hrs	Karen Robb	£125	£112.50	2 spaces left
5th March	Sunday	Pilates and Breast Cancer Rehab: Programmes Day	10am-12pm & 1pm-3pm	4 hrs	Karen Robb	£125	£112.50	3 spaces left
7th March	Tuesday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	Good availability
9th March	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)		Fully booked	
10th March	Friday	Neural Reset: Polyvagal Theory for Movement Teachers WSHOP	10am-1pm	3 hrs	Cameron Angus	£110	£99	New date!
11th March	Saturday	Psos: Clever Guy of the Pelvis' WSHOP	10am-1pm	3 hrs	Cameron Angus	£110	£99	New date!
Cameron SPECIAL! Book both workshops (10/03 and 11/03) for just £199 (Academy members £179)!!								
11th March	Saturday	Understanding Pain Syndromes and how Pilates can help	10am-12.30pm & 2pm-4pm	4.5 hrs	Lorna Nicholson	£125	£112.50	New date!
11th March	Saturday	Pilates for the Menopause: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart		Fully booked	A60 (Days 1&2)
12th March	Sunday	Pilates for the Menopause: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden		Fully booked	A30
14th March	Tuesday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	Good availability
15th March	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	5 spaces left
17th March	Friday	Musculoskeletal Problems and how Pilates can help	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Kyle Blackburn	£125	£112.50	4 spaces left
18th March	Saturday	Foam Roller	10am-12pm & 1pm-3pm	4 hrs	Paul Howse	£115	£99	5 spaces left
18th March	Saturday	Pilates for Bone Health	10am-12.30pm & 2pm-4pm	4.5 hrs	Louise Tallis		Fully booked	A30
18th March	Saturday	Level 4 Pilates Adaptations: Day 1 (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	4 hrs	Nathan Gardner	£195	£175	4 spaces left
19th March	Sunday	Level 4 Pilates Adaptations: Day 2 (inc. Workbooks Review)	10am-12pm & 1.30pm-3.30pm	4 hrs	Julia Crossman		Fully booked	A60 (Days 1&2)
19th March	Sunday	Understanding Neurological Disorders and how Pilates can help	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Louise Tallis	£125	£112.50	1 space left
23rd March	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	Good availability
24th March	Friday	Pilates for Children & Adolescents: Foundation Day	10am-12.30pm & 2pm-4pm	4.5 hrs	Kate Fernyhough	£125	£112.50	Good availability
Childrens SPECIAL! Book Foundation (24/03) and Programmes on 15/04 & 16/04 for just £300 (Academy members £270)!!								
1st April	Saturday	Exercise Strategies for Diastasis Recti	10am-1pm	3 hrs	Sarah Warden		Fully booked	A15
15th April	Saturday	Pilates and Hypermobility: Foundation Day	10am-12.30pm & 2pm-4.30pm	5 hrs	Jane Simmonds & Mark Parfitt	£125	£112.50	New date!
Hypermobility SPECIAL! Book Foundation on 15/04 and Programmes on 05/08 or a future date for £225 (Academy members £199)!!								
15th April	Saturday	Pilates for Children & Adolescents: Programmes Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden	£195	£175	Good availability
15th April	Saturday	Pilates and Scoliosis: Day 1	10am-12.30pm & 2pm-4pm	4.5 hrs	Louise Tallis	£195	£175	4 spaces left
16th April	Sunday	Pilates and Scoliosis: Day 2	10am-12.30pm & 1.30-4pm	5 hrs	Louise Tallis		Fully booked	A60 (Days 1 & 2)
16th April	Sunday	Pilates for Children & Adolescents: Programmes Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden		Fully booked	A30
21st April	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4pm	5.5 hrs	Lynne Robinson	£125	£112.50	Good availability
Pregnancy Special! Book Preg 1 on 21/04 and Pregnancy 2 on 28/04 for just £199 (Academy members £179)!!								
22nd April	Saturday	Pilates for the Menopause: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart		Fully booked	A60 (Days 1&2)
23rd April	Sunday	Pilates for the Menopause: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden		Fully booked	A30
28th April	Friday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	5 hrs	Sarah Warden	£125	£112.50	Good availability
12th May	Friday	Back4Good Low Back Pain: Day 1	10am-1pm & 2pm-4pm	5 hrs	Kyle Blackburn (Leigh until 10.30am)	£375	£337.50	Good availability
13th May	Saturday	Back4Good Low Back Pain: Day 2	10am-1pm & 2pm-4pm	5 hrs	Kyle Blackburn		Good availability	A90 (Days 1-3)
13th May	Saturday	Pilates for the Older Person: Day 1	10am-1pm & 2pm-4.30pm	5.5 hrs	Pauline Thomson	£195	£175	Good availability
14th May	Sunday	Pilates for the Older Person: Day 2	10am-1pm & 2pm-4pm	5 hrs	Pauline Thomson		Good availability	A60 (Days 1&2)
14th May	Sunday	Back4Good Low Back Pain: Day 3	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis		Fully booked	A30
14th May	Sunday	Ball (Gym Ball)	10am-12pm & 1pm-3pm	4 hrs	Sarah Warden	£115	£95	2 spaces left
20th May	Saturday	Pilates for the Menopause: Day 1 (Day 2 on May 27th)	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart		Fully booked	A60 (Days 1&2)
27th May	Saturday	Pilates for the Menopause: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden		Fully booked	A30
3rd June	Saturday	Pilates for Bone Health	10am-12.30pm & 2pm-4pm	4.5 hrs	Louise Tallis	£125	£112.50	6 spaces left
10th June	Saturday	Exercise Strategies for Diastasis Recti	10am-1pm	3 hrs	Sarah Warden	£115	£99	6 spaces left
17th June	Saturday	Pilates for the Menopause: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart	£195	£175	Good availability
18th June	Saturday	Pilates for the Menopause: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden	£125	£112.50	Good availability
29th July	Saturday	Pilates and Hypermobility: Foundation Day	10am-12.30pm & 2pm-4.30pm	5 hrs	Jane Simmonds & Mark Parfitt	£125	£112.50	New date!
Hypermobility SPECIAL! Book Foundation on 29/07 and Programmes on 05/08 or a future date for £225 (Academy members £199)!!								
4th August	Friday	Pilates and Mental Wellbeing: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart	£195	£175	New date!
5th August	Saturday	Pilates and Mental Wellbeing: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart		Fully booked	A60 (Days 1&2)
5th August	Saturday	Pilates and Hypermobility: Programmes Day (must have done Foundation)	10am-12.30pm & 2pm-4.30pm	5 hrs	Jane Simmonds & Mark Parfitt	£125	£112.50	New date!