

ONLINE COURSE AVAILABILITY			Fees £	
18th February	Saturday	Pilates with the Band - three Sissel 2.5m bands (light, medium, strong) inc. (UK only)!		Fully booked
18th February	Saturday	Pregnancy 2 (must have done Pregnancy 1)	£150	2 spaces left
18th & 19th February	Sat & Sun	Level 4 Pilates Movement	£245	1 space left
19th February	Sunday	Small Ball & Toning Circle		Fully booked
21st February	Tuesday	CPR Basic Life Support - 18 months certification		Fully booked
22nd February	Wednesday	CPR Basic Life Support - 18 months certification		Fully booked
24th - 26th February	Friday	Lift-Off: The Upper Limb WORKSHOP - with recording	£275	6 spaces left
25th February	Saturday	Pilates for Golfers	£150	5 spaces left
2nd March	Thursday	CPR Basic Life Support - 18 months certification		Fully booked
4th March	Saturday	Pilates and Breast Cancer Rehab: Foundation Day		Fully booked
5th March	Sunday	Pilates and Breast Cancer Rehab: Programmes Day (must have done Foundation)		Fully booked
7th March	Tuesday	CPR Basic Life Support - 18 months certification		Fully booked
9th March	Thursday	CPR Basic Life Support - 18 months certification		Fully booked
11th March	Saturday	New! Understanding Pain Syndromes and how Pilates can help	£150	6 spaces left
14th March	Tuesday	CPR Basic Life Support - 18 months certification		Fully booked
15th March	Wednesday	CPR Basic Life Support - 18 months certification		Fully booked
18th March	Saturday	Pilates on the Foam Roller	£150	3 spaces left
18th March	Saturday	Pilates for Bone Health		Fully booked
18th & 19th March	Sat & Sun	Level 4 Pilates Adaptations (must have done 'Movement' first)	£245	4 spaces left
19th March	Sunday	Understanding Neurological Disorders and how Pilates can help		Fully booked
23rd March	Thursday	CPR Basic Life Support - 18 months certification		Fully booked
24th March	Friday	Pilates for Children & Adolescents: Foundation Day	£150	6 spaces left
15th April	Saturday	Pilates and Hypermobility: Foundation Day	£150	Good availability
15th & 16th April	Sat & Sun	Pilates for Children & Adolescents: Programmes	£245	6 spaces left
15th & 16th April	Sat & Sun	Pilates and Scoliosis	£245	4 spaces left
18th April	Tuesday	CPR Basic Life Support - 18 months certification	£45	New date!
19th April	Wednesday	CPR Basic Life Support - 18 months certification	£45	New date!
21st April	Friday	Pregnancy 1	£150	Good availability
21st April	Friday	Level 3 Matwork Conversion Course (5 days)	£1,275	4 spaces left
25th April	Tuesday	CPR Basic Life Support - 18 months certification	£45	New date!
27th April	Thursday	CPR Basic Life Support - 18 months certification	£45	New date!
28th April	Friday	Pregnancy 2 (must have done Pregnancy 1)	£150	Good availability
29th April	Saturday	Pilates with the Band - three Sissel 2.5m bands (light, medium, strong) inc. (UK only)!	£150	New date!
10th May	Wednesday	CPR Basic Life Support - 18 months certification	£45	New date!
13th & 14th May	Saturday	Pilates for the Older Person	£245	6 spaces left
14th May	Sunday	Pilates on the Ball (Gym Ball)		Fully booked
16th May	Tuesday	CPR Basic Life Support - 18 months certification	£45	New date!
3rd June	Saturday	Pilates for Bone Health	£150	2 spaces left
3rd June	Saturday	Small Ball & Toning Circle	£150	New date!
24th June	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	£150	New date!
25th June	Sunday	Pilates and Breast Cancer Rehab: Programmes Day (must have done Foundation)	£150	New date!
29th July	Saturday	Pilates and Hypermobility: Foundation Day	£150	Good availability
5th August	Saturday	Pilates and Hypermobility: Programmes Day (must have done Foundation)	£150	Good availability