

ONLINE COURSES & WORKSHOPS		Time (UK)	Total Hour	Planned Tutor	Fees £	Fees £		CPD Points
as at 19/03/23						(Academy)		
23rd March	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)		Fully booked	
24th March	Friday	Pilates for Children & Adolescents: Foundation Day	10am-12.30pm & 2pm-4pm	4.5 hrs	Kate Fernyhough	£125	£112.50	3 spaces left
		Childrens SPECIAL! Book Foundation (24/03) and Programmes on 15/04 & 16/04 for just £300 (Academy members £270)!!					See Special!!	
28th March	Tuesday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)		Fully booked	
1st April	Saturday	Exercise Strategies for Diastasis Recti	10am-1pm	3 hrs	Sarah Warden		Fully booked	A15
14th April	Friday	Shoulder Pathology & how Pilates can help WORKSHOP	10am-1pm	3hrs	Kyle Blackburn	£100	£90	New date!
15th April	Saturday	Pilates and Hypermobility: Foundation Day	10am-12.30pm & 2pm-4.30pm	5 hrs	Jane Simmonds & Mark Parfitt	£125	£112.50	Good availability
		Hypermobility SPECIAL! Book Foundation on 15/04 and Programmes on 05/08 or a future date for £225 (Academy members £199)!!					See Special!!	
15th April	Saturday	Pilates for Children & Adolescents: Programmes Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden	£195	£175	3 spaces left
15th April	Saturday	Pilates and Scoliosis: Day 1	10am-12.30pm & 2pm-4pm	4.5 hrs	Louise Tallis		Fully booked	A60 (Days 1 & 2)
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			
18th April	Tuesday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)		Fully booked	
19th April	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	
21st April	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4pm	5.5 hrs	Lynne Robinson	£125	£112.50	6 spaces left
		Pregnancy Special! Book Preg 1 on 21/04 and Pregnancy 2 on 28/04 for just £199 (Academy members £179)!!					See Special!!	
22nd April	Saturday	Pilates for PoTS, ME/Chronic Fatigue, Long Covid	10am-12.30pm & 2pm-4pm	4.5 hrs	Lorna Nicholson	£115	£99	Good availability
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			
25th April	Tuesday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	Good availability
27th April	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	5 spaces left
28th April	Friday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	5 hrs	Sarah Warden	£125	£112.50	5 spaces left
29th April	Saturday	Pilates with the Band - three Sissel 2.5m bands (light, medium, strong) Inc. (UK only)!!	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	£115	£99	6 spaces left
10th May	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	Good availability
12th May	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)
13th May	Saturday	Back4Good Low Back Pain: Day 2	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis			
13th May	Saturday	Pilates for the Older Person: Day 1	10am-1pm & 2pm-4.30pm	5.5 hrs	Pauline Thomson	£195	£175	1 space left
14th May	Sunday	Pilates for the Older Person: Day 2	10am-1pm & 2pm-4pm	5 hrs	Pauline Thomson			
14th May	Sunday	Back4Good Low Back Pain: Day 3	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis			
14th May	Sunday	Ball (Gym Ball)	10am-12pm & 1pm-3pm	4 hrs	Sarah Warden		Fully booked	A30
16th May	Tuesday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	Good availability
20th May	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	4.5 hrs	Nathan Gardner	£125	£112.50	New date!
		Performance Special! Book Performance on 20/05 and Runners on 27/05 or a future date for just £199 (Academy members £179)!!					See Special!!	
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 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden			
27th May	Saturday	Pilates for Runners (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	4.5 hrs	Nathan Gardner	£125	£112.50	New date!
3rd June	Saturday	Pilates for Bone Health	10am-12.30pm & 2pm-4pm	4.5 hrs	Louise Tallis		Fully booked	A30
3rd June	Saturday	Small Ball & Toning Circle	11am-1pm & 2pm-4pm	4 hrs	Kate Hodder	£115	£99	4 spaces left
3rd June	Saturday	Matwork Certification Update Day	10am-12pm & 1.30pm-3pm	3.5hrs	Sarah Marks	£95	£85	New date!
10th June	Saturday	Exercise Strategies for Diastasis Recti	10am-1pm	3 hrs	Sarah Warden	£115	£99	1 space left
10th June	Saturday	Level 4 Pilates Movement: Day 1	10am-12pm & 1.30pm-3.30pm	4 hrs	Nathan Gardner	£195	£175	New date!
11th June	Sunday	Level 4 Pilates Movement: Day 2	10am-12pm & 1.30pm-3.30pm	4 hrs	Nathan Gardner			A60 (Days 1&2)
		L4 Pilates SPECIAL! Book Movement (10/06 & 11/06) and Adaptations (24/06 & 25/06 or later date) for just £350 (Academy members £315)!!					See Special!!	
11th June	Sunday	Understanding Pain Syndromes and how Pilates can help	10am-12.30pm & 2pm-4pm	4.5 hrs	Lorna Nicholson	£125	£112.50	New date!
17th June	Saturday	Foam Roller	10am-12pm & 1pm-3pm	4 hrs	Paul Howse	£115	£99	Good availability
17th June	Saturday	Understanding Medical Conditions	10am-12.30pm & 1.30-3.30pm	4.5hrs	Kyle Blackburn	£125	£112.50	New date!
17th June	Saturday	Pilates for the Menopause: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart	£195	£175	4 spaces left
18th June	Sunday	Pilates for the Menopause: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden			
24th June	Saturday	Level 4 Pilates Adaptations: Day 1 (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	4 hrs	Nathan Gardner	£195	£175	New date!
24th June	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	10am-12pm & 1pm-3pm	4 hrs	Karen Robb	£125	£112.50	6 spaces left
25th June	Sunday	Pilates and Breast Cancer Rehab: Programmes Day (must have done Foundat)	10am-12pm & 1pm-3pm	4 hrs	Karen Robb	£125	£112.50	6 spaces left
25th June	Sunday	Level 4 Pilates Adaptations: Day 2 (inc Workbooks Review)	10am-12pm & 1.30pm-3.30pm	4 hrs	Julia Crossman			
21st July	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4pm	5.5 hrs	Lynne Robinson	£125	£112.50	New date!
		Pregnancy Special! Book Preg 1 on 21/07 and Pregnancy 2 on 22/07 or later for just £199 (Academy members £179)!!					See Special!!	
22nd July	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	5 hrs	Sarah Warden	£125	£112.50	New date!
29th July	Saturday	Pilates for Bone Health	10am-12.30pm & 2pm-4pm	4.5 hrs	Louise Tallis	£125	£112.50	New date!
29th July	Saturday	Pilates and Hypermobility: Foundation Day	10am-12.30pm & 2pm-4.30pm	5 hrs	Jane Simmonds & Mark Parfitt	£125	£112.50	Good availability
		Hypermobility SPECIAL! Book Foundation on 29/07 and Programmes on 05/08 or a future date for £225 (Academy members £199)!!					See Special!!	
4th August	Friday	Pilates and Mental Wellbeing: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart	£195	£175	Good availability
5th August	Saturday	Pilates and Mental Wellbeing: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart			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	Good availability
19th August	Saturday	Pilates for the Older Person: Day 1	10am-1pm & 2pm-4.30pm	5.5 hrs	Pauline Thomson	£195	£175	New date!
20th August	Sunday	Pilates for the Older Person: Day 2	10am-1pm & 2pm-4pm	5 hrs	Pauline Thomson			
2nd September	Saturday	Back4Good Low Back Pain: Day 1 (Days 2 & 3 on the following weekend)	10am-1pm & 2pm-4pm	5 hrs	Kyle Blackburn (Leigh until 10.30am)	£375	£337.50	New date!
2nd September	Saturday	Pilates for the Menopause: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart	£195	£175	Good availability
3rd September	Sunday	Pilates for the Menopause: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden			A60 (Days 1&2)
9th September	Saturday	Understanding Neurological Disorders and how Pilates can help	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Louise Tallis	£125	£112.50	New date!
9th September	Saturday	Back4Good Low Back Pain: Day 2	10am-1pm & 2pm-4pm	5 hrs	Kyle Blackburn			A30
10th September	Sunday	Back4Good Low Back Pain: Day 3	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis			
23rd September	Saturday	Diary note! Development Weekend 31 in London						
24th September	Sunday	Diary note! Development Weekend 31 in London						
28th October	Saturday	Pilates for the Menopause: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart	£195	£175	Good availability
29th October	Sunday	Pilates for the Menopause: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden			A60 (Days 1&2)
2nd December	Saturday	Pilates and Mental Wellbeing: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart	£195	£175	New date!
3rd December	Sunday	Pilates and Mental Wellbeing: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart			A60 (Days 1&2)