

| ONLINE COURSES | | | Time (UK) | Fees £ | Status |
|--------------------|-----------|---|----------------------------|--------|-------------------|
| as at 25/04/23 | | | | | |
| 27th April | Thursday | CPR Basic Life Support | 12pm-3.15pm | | Fully booked |
| 28th April | Friday | Pregnancy 2 (must have done Pregnancy 1) | 10am-12.30pm & 1.30pm-4pm | | Fully booked |
| 29th April | Saturday | Pilates with the Band - 3x Sissel 2.5m bands (light, medium, strong) inc. (UK only) | 10am-12pm & 1pm-3pm | £150 | 4 spaces left |
| 10th May | Wednesday | CPR Basic Life Support | 9.30am-12.45pm | £45 | 2 spaces left |
| 13th & 14th May | Sat & Sun | Pilates for the Older Person | | | Fully booked |
| 14th May | Sunday | Pilates on the Ball (Gym Ball) | 10am-12pm & 1pm-3pm | £150 | 1 space left |
| 16th May | Tuesday | CPR Basic Life Support | 12pm-3.15pm | £40 | 4 spaces left |
| 20th May | Saturday | Pilates for Performance | 10am-12.30pm & 2pm-4pm | £150 | 6 spaces left |
| 27th May | Saturday | Pilates for Runners (must have done Pilates for Performance first) | 10am-12.30pm & 2pm-4pm | £150 | 6 spaces left |
| 3rd June | Saturday | Standing Pilates | 10am-12pm & 1pm-3pm | £150 | New date! |
| 3rd June | Saturday | Pilates for Bone Health | | | Fully booked |
| 3rd June | Saturday | Small Ball & Toning Circle | 11am-1pm & 2pm-4pm | £150 | 2 spaces left |
| 10th June | Saturday | Exercise Strategies for Diastasis Recti | | | Fully booked |
| 10th & 11th June | Sat & Sun | Level 4 Pilates Movement | 10am-12pm & 1.30pm-3.30pm | £245 | 6 spaces left |
| 11th June | Sunday | Understanding Pain Syndromes and how Pilates can help | 10am-12.30pm & 2pm-4pm | £150 | 6 spaces left |
| 17th June | Saturday | Pilates on the Foam Roller | 10am-12pm & 1pm-3pm | £150 | 6 spaces left |
| 17th June | Saturday | Understanding Medical Conditions | 10am-12.30pm & 1.30-3.30pm | £150 | New date! |
| 24th & 25th June | Sat & Sun | Level 4 Pilates Adaptations (must have done 'Movement' first) | 10am-12pm & 1.30pm-3.30pm | | Good availability |
| 24th June | Saturday | Pilates and Breast Cancer Rehab: Foundation Day | 10am-12pm & 1pm-3pm | £150 | 6 spaces left |
| 25th June | Sunday | Pilates and Breast Cancer Rehab: Programmes Day (follows Foundation) | 10am-12pm & 1pm-3pm | £150 | 6 spaces left |
| 1st & 2nd July | Saturday | Pilates and Scoliosis | 10am-12.30pm & 2pm-4pm | £245 | New date! |
| 21st July | Friday | Pilates for Pregnancy 1 | 10am-12.30pm & 1.30pm-4pm | £150 | New date! |
| 22nd July | Saturday | Pilates for Pregnancy 2 (must have done Pregnancy 1) | 10am-12.30pm & 1.30pm-4pm | £150 | New date! |
| 28th July | Friday | Matwork Conversion Course (5 days see dates below) | 10am-12pm & 2pm-4pm | £1,275 | New date! |
| 29th July | Saturday | Pilates for Bone Health | 10am-12.30pm & 2pm-4pm | £150 | 6 spaces left |
| 29th July | Saturday | Pilates and Hypermobility: Foundation Day | 10am-12.30pm & 2pm-4.30pm | £150 | 5 spaces left |
| 4th & 5th August | Fri & Sat | Pilates and Mental Wellbeing | 10am-12.30pm & 1.30-3.30pm | £245 | New date! |
| 5th August | Saturday | Pilates and Hypermobility: Programmes Day (must have done Foundation) | 10am-12.30pm & 2pm-4.30pm | £150 | 6 spaces left |
| 19th & 20th August | Sat & Sun | Pilates for the Older Person | 10am-1pm & 2pm-4.30pm | £245 | New date! |
| 9th September | Saturday | Understanding Neurological Disorders and how Pilates can help | 10am-12.30pm & 1.30-3.30pm | £150 | 4 spaces left |
| 14th October | Saturday | Pilates on the Ball (Gym Ball) | 10am-12pm & 1pm-3pm | £150 | New date! |
| 2nd & 3rd December | Sat & Sun | Pilates and Mental Wellbeing | 10am-12.30pm & 1.30-3.30pm | £245 | New date! |