

ONLINE COURSES & WORKSHOPS		Time (UK)	Total Hour	Planned Tutor	Fees £	Fees £		CPD Points
19th May	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	4.5 hrs	Nathan Gardner	£125	(Academy)	
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	£125	£112.50	5 spaces left
20th May	Saturday	Performance Special! Book Performance on 20/05 and Runners on 27/05 or a future date for just £199 (Academy members £179)!!				See Special!!		
24th May	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	2 spaces left
25th May	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)			Fully booked
27th May	Saturday	Pilates for the Menopause: Day 2	10am-12.30pm & 2pm-4pm	4.5 hrs	Sarah Warden			Fully booked
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	6 spaces left
3rd June	Saturday	Standing Pilates	10am-12pm & 1pm-3pm	4 hrs	Kathy King	£115	£99	Good availability
3rd June	Saturday	Pilates for Bone Health	10am-12.30pm & 2pm-4pm	4.5 hrs	Louise Tallis			Fully booked
3rd June	Saturday	Small Ball & Toning Circle	11am-1pm & 2pm-4pm	4 hrs	Kate Hodder	£115	£99	3 spaces left
3rd June	Saturday	Matwork Certification Update Day	10am-12pm & 1.30pm-3pm	3.5hrs	Sarah Marks	£95	£85	Good availability
6th June	Tuesday	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
10th June	Saturday	Exercise Strategies for Diastasis Recti	10am-1pm	3 hrs	Sarah Warden			Fully booked
10th June	Saturday	Level 4 Pilates Movement: Day 1	10am-12pm & 1.30pm-3.30pm	4 hrs	Nathan Gardner	£195	£175	Good availability
11th June	Sunday	Level 4 Pilates Movement: Day 2	10am-12pm & 1.30pm-3.30pm	4 hrs	Nathan Gardner			
		LA 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	5 spaces left
14th June	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
17th June	Saturday	Foam Roller	10am-12pm & 1pm-3pm	4 hrs	Paul Howse	£115	£99	4 spaces left
17th June	Saturday	Understanding Medical Conditions	10am-12.30pm & 1.30-3.30pm	4.5hrs	Kyle Blackburn	£125	£112.50	Good availability
17th June	Saturday	Pilates for the Menopause: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart			Fully booked
18th June	Sunday	Pilates for the Menopause: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden			
22nd June	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	4 spaces left
24th June	Saturday	Pilates for Swimmers WORKSHOP	10am-1pm	3hrs	Jenny Tyler	£100	£90	5 spaces left
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	Good availability
24th June	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	10am-12pm & 1pm-3pm	4 hrs	Karen Robb	£125	£112.50	Good availability
25th June	Sunday	Pilates and Breast Cancer Rehab: Programmes Day (must have done Foundation)	10am-12pm & 1pm-3pm	4 hrs	Karen Robb	£125	£112.50	Good availability
25th June	Sunday	Level 4 Pilates Adaptations: Day 2 (inc Workbooks Review)	10am-12pm & 1.30pm-3.30pm	4 hrs	Julia Crossman			
1st July	Saturday	Pilates and Scoliosis: Day 1	10am-12.30pm & 2pm-4pm	4.5 hrs	Louise Tallis	£195	£175	Good availability
2nd July	Sunday	Pilates and Scoliosis: Day 2	10am-12.30pm & 1.30-4pm	5 hrs	Louise Tallis			
15th July	Saturday	Musculoskeletal Problems and how Pilates can help	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Kyle Blackburn	£125	£112.50	New date!
21st July	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 21/07 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	Good availability
29th July	Saturday	Pilates for Bone Health	10am-12.30pm & 2pm-4pm	4.5 hrs	Louise Tallis	£125	£112.50	4 spaces left
29th July	Saturday	Pilates and Hypermobility: Foundation Day	10am-12.30pm & 2pm-4.30pm	5 hrs	Jane Simmonds & Mark Parfitt	£125	£112.50	5 spaces left
		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	5 spaces left
5th August	Saturday	Pilates and Mental Wellbeing: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart			
5th August	Saturday	Pilates and Hypermobility: Programmes Day (must have done Foundation)	10am-12.30pm & 2pm-4pm	5 hrs	Jane Simmonds & Mark Parfitt	£125	£112.50	6 spaces left
12th August	Saturday	Pilates and Scoliosis: Day 1	10am-12.30pm & 2pm-4pm	4.5 hrs	Louise Tallis	£195	£175	New date!
13th August	Sunday	Pilates and Scoliosis: Day 2	10am-12.30pm & 1.30-4pm	5 hrs	Louise Tallis			
19th August	Saturday	Pilates for the Older Person: Day 1	10am-1pm & 2pm-4.30pm	5.5 hrs	Pauline Thomson	£195	£175	6 spaces left
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	6 spaces left
2nd September	Saturday	Pilates for the Menopause: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart	£195	£175	1 space left
3rd September	Sunday	Pilates for the Menopause: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden			
3rd September	Sunday	Pilates for Golfers	10am-12.30pm & 2pm-4pm	4.5 hrs	Jenny Tyler	£115	£99	New date!
8th September	Friday	Exercise Strategies for Diastasis Recti	10am-1pm	3 hrs	Sarah Warden	£115	£99	6 spaces left
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	2 spaces left
9th September	Saturday	Back4Good Low Back Pain: Day 2	10am-1pm & 2pm-4pm	5 hrs	Kyle Blackburn			
10th September	Sunday	Back4Good Low Back Pain: Day 3	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis			
15th September	Friday	Pilates for Children & Adolescents: Foundation Day	10am-12.30pm & 2pm-4pm	4.5 hrs	Kate Fernyhough	£125	£112.50	New date!
23rd September	Saturday	Diary note! Development Weekend 31 in London						A30
24th September	Sunday	Diary note! Development Weekend 31 in London						A30
7th October	Saturday	Pilates for Bone Health	10am-12.30pm & 2pm-4pm	4.5 hrs	Louise Tallis	£125	£112.50	New date!
7th October	Saturday	Pilates for Children & Adolescents: Programmes Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden	£195	£175	New date!
8th October	Sunday	Pilates for Children & Adolescents: Programmes Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden			
14th October	Saturday	Ball (Gym Ball)	10am-12pm & 1pm-3pm	4 hrs	Sarah Warden	£115	£99	Good availability
14th October	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	4.5 hrs	Nathan Gardner	£125	£112.50	New date!
		Performance Special! Book Performance on 14/10 and Runners on 15/10 or Dancers on 04/11 for just £199 (Academy members £179)!!				See Special!!		
15th October	Sunday	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!
20th October	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4pm	5.5 hrs	Lynne Robinson	£125	£112.50	New date!
27th October	Friday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	5 hrs	Sarah Warden	£125	£112.50	New date!
28th October	Saturday	Pilates for the Menopause: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart	£195	£175	6 spaces left
29th October	Sunday	Pilates for the Menopause: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden			
4th November	Saturday	Pilates for Dancers (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	4.5 hrs	Linda Gardner	£125	£112.50	New date!
2nd December	Saturday	Pilates and Mental Wellbeing: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart	£195	£175	5 spaces left
3rd December	Sunday	Pilates and Mental Wellbeing: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart			