

ONLINE COURSES & WORKSHOPS			Time (UK)	Total Hour	Planned Tutor	Fees £	Fees £		CPD Points
as at 30/05/23							(Academy)		
3rd June	Saturday	Standing Pilates	10am-12pm & 1pm-3pm	4 hrs	Kathy King	£115	£99	Good availability	A30
3rd June	Saturday	Pilates for Bone Health	10am-12.30pm & 2pm-4pm	4.5 hrs	Louise Tallis	£125	£112.50	Fully booked	A30
3rd June	Saturday	Small Ball & Toning Circle	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	£115	£99	2 spaces left	A30
3rd June	Saturday	Matwork Certification Update Day	10am-12pm & 1.30pm-3pm	3.5hrs	Sarah Marks	£95	£85	3 spaces left	A30
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	£195	£175	Fully booked	A15
10th June	Saturday	Level 4 Pilates Movement: Day 1	10am-12pm & 1.30pm-3.30pm	4 hrs	Nathan Gardner	£195	£175	6 spaces left	A60 (Days 1&2)
11th June	Sunday	Level 4 Pilates Movement: Day 2	10am-12pm & 1.30pm-3.30pm	4 hrs	Nathan Gardner	£195	£175	6 spaces left	A60 (Days 1&2)
11th June	Sunday	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	5 spaces left	A30
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	3 spaces left	A30
17th June	Saturday	Understanding Medical Conditions	10am-12.30pm & 1.30-3.30pm	4.5hrs	Kyle Blackburn	£125	£112.50	Good availability	A30
17th June	Saturday	Pilates for the Menopause: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart	£125	£112.50	Fully booked	A60 (Days 1&2)
18th June	Sunday	Pilates for the Menopause: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden	£125	£112.50	4 spaces left	A30
22nd June	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	2 spaces left	
24th June	Saturday	Pilates for Swimmers WORKSHOP	10am-1pm	3hrs	Jenny Tyler	£100	£90	3 spaces left	A15
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	A60 (Days 1&2)
24th June	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	10am-12pm & 1pm-3pm	4 hrs	Karen Robb	£125	£112.50	4 spaces left	A30
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	4 spaces left	A30
25th June	Sunday	Level 4 Pilates Adaptations: Day 2 (inc Workbooks Review)	10am-12pm & 1.30pm-3.30pm	4 hrs	Julia Crossman	£195	£175	6 spaces left	A60 (Days 1 & 2)
1st July	Saturday	Pilates and Scoliosis: Day 1	10am-12.30pm & 2pm-4pm	4.5 hrs	Louise Tallis	£125	£112.50	New date!	A30
2nd July	Sunday	Pilates and Scoliosis: Day 2	10am-12.30pm & 1.30-4pm	5 hrs	Louise Tallis	£125	£112.50	Good availability	A30
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!	A30
21st July	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4pm	5.5 hrs	Lynne Robinson	£125	£112.50	Good availability	A30
21st July	Friday	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	A30
29th July	Saturday	Pilates for Bone Health	10am-12.30pm & 2pm-4pm	4.5 hrs	Louise Tallis	£125	£112.50	4 spaces left	A30
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	A30
29th July	Saturday	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	A60 (Days 1&2)
5th August	Saturday	Pilates and Mental Wellbeing: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart	£195	£175	5 spaces left	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	6 spaces left	A30
12th August	Saturday	Pilates and Scoliosis: Day 1	10am-12.30pm & 2pm-4pm	4.5 hrs	Louise Tallis	£195	£175	New date!	A60 (Days 1 & 2)
13th August	Sunday	Pilates and Scoliosis: Day 2	10am-12.30pm & 1.30-4pm	5 hrs	Louise Tallis	£125	£112.50	4 spaces left	A30
19th August	Saturday	Pilates for the Older Person: Day 1	10am-1pm & 2pm-4.30pm	5.5 hrs	Pauline Thomson	£195	£175	4 spaces left	A60 (Days 1&2)
20th August	Sunday	Pilates for the Older Person: Day 2	10am-1pm & 2pm-4pm	5 hrs	Pauline Thomson	£195	£175	4 spaces left	A60 (Days 1&2)
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	A90 (Days 1-3)
2nd September	Saturday	Pilates for the Menopause: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart	£195	£175	Fully booked	A60 (Days 1&2)
3rd September	Sunday	Pilates for the Menopause: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden	£125	£112.50	4 spaces left	A30
3rd September	Sunday	Pilates for Golfers	10am-12.30pm & 2pm-4pm	4.5 hrs	Jenny Tyler	£115	£99	Good availability	A30
8th September	Friday	Exercise Strategies for Diastasis Recti	10am-1pm	3 hrs	Sarah Warden	£115	£99	6 spaces left	A15
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	1 space left	A30
9th September	Saturday	Back4Good Low Back Pain: Day 2	10am-1pm & 2pm-4pm	5 hrs	Kyle Blackburn	£125	£112.50	4 spaces left	A30
10th September	Sunday	Back4Good Low Back Pain: Day 3	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis	£125	£112.50	4 spaces left	A30
15th September	Friday	Pilates for Children & Adolescents: Foundation Day	10am-12.30pm & 2pm-4pm	4.5 hrs	Kate Fernyhough	£125	£112.50	New date!	A30
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!	A30
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!	A60 (Days 1&2)
8th October	Sunday	Pilates for Children & Adolescents: Programmes Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden	£195	£175	New date!	A60 (Days 1&2)
14th October	Saturday	Ball (Gym Ball)	10am-12pm & 1pm-3pm	4 hrs	Sarah Warden	£115	£99	Good availability	A30
14th October	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	4.5 hrs	Nathan Gardner	£125	£112.50	New date!	A30
15th October	Sunday	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!	A30
20th October	Friday	Matwork Certification Update Day	10am-12pm & 1.30pm-3pm	3.5hrs	Sarah Marks	£95	£85	New date!	A30
20th October	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4pm	5.5 hrs	Lynne Robinson	£125	£112.50	New date!	A30
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!	A30
28th October	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	A60 (Days 1&2)
29th October	Sunday	Pilates for the Menopause: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden	£125	£112.50	4 spaces left	A30
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!	A30
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	A60 (Days 1&2)
3rd December	Sunday	Pilates and Mental Wellbeing: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart	£195	£175	5 spaces left	A60 (Days 1&2)