

ONLINE COURSES & WORKSHOPS	LIVE VIA ZOOM		Time (UK)	Fees £	
as at 25/07/23					
28th July	Friday	Matwork Conversion Course ( Summer Special) 5 days	10am-12pm & 2pm-4pm	£975	2 spaces left
29th July	Saturday	Pilates for Bone Health	10am-12.30pm & 2pm-4pm		Fully booked
29th July	Saturday	Pilates and Hypermobility: Foundation Day	10am-12.30pm & 2pm-4.30pm	£150	4 spaces left
4th & 5th August	Fri & Sat	Pilates and Mental Wellbeing	10am-12.30pm & 1.30-3.30pm		Fully booked
5th August	Saturday	Pilates and Hypermobility: Programmes Day (must have done Foundation)	10am-12.30pm & 2pm-4.30pm	£150	6 spaces left
9th August	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	5 spaces left
10th August	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	£45	3 spaces left
12th & 13th August	Saturday	Pilates and Scoliosis	10am-12.30pm & 2pm-4pm	£245	6 spaces left
13th August	Sunday	Pilates with the Band - three Sissel 2.5m bands (light, medium, strong) inc. (UK only)!	10am-12pm & 1pm-3pm	£150	4 spaces left
18th August	Friday	Pilates on the Foam Roller	10am-12pm & 1pm-3pm	£150	2 spaces left
19th August	Saturday	Small Ball & Toning Circle	10am-12pm & 1pm-3pm	£150	3 spaces left
19th & 20th August	Sat & Sun	Pilates for the Older Person	10am-1pm & 2pm-4.30pm		Fully booked
2nd September	Saturday	Back4Good Low Back Pain: Day 1 (Days 2 & 3 on 9th & 10th September)	10am-1pm & 2pm-4pm		Contact us!
3rd September	Sunday	Pilates for Golfers	10am-12.30pm & 2pm-4pm	£150	Good availability
9th September	Saturday	Understanding Neurological Disorders and how Pilates can help	10am-12.30pm & 1.30-3.30pm		Fully booked
15th September	Friday	Pilates for Children & Adolescents: Foundation Day	10am-12.30pm & 2pm-4pm	£150	5 spaces left
29th September	Friday	Matwork Conversion Course ( 5 days)	10am-12pm & 2pm-4pm	£1,275	New date!
7th October	Saturday	Pilates for Bone Health	10am-12.30pm & 2pm-4pm		Fully booked
7th & 8th October	Sat & Sun	Pilates for Children & Adolescents	10am-12.30pm & 1.30-3.30pm	£245	5 spaces left
14th October	Saturday	Pilates on the Ball (Gym Ball)	10am-12pm & 1pm-3pm	£150	4 spaces left
14th October	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	£150	5 spaces left
15th October	Sunday	Pilates for Runners (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£150	5 spaces left
20th October	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4pm	£150	New date!
21st October	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	10am-12pm & 1pm-3pm	£150	New date!
22nd October	Sunday	Pilates and Breast Cancer Rehab: Programmes Day (must have done Foundation)	10am-12pm & 1pm-3pm	£150	New date!
27th October	Friday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	£150	New date!
4th November	Saturday	Pilates for Dancers (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£150	New date!
18th November	Saturday	Level 4 Pilates Movement: Day 1 (Day 2 on 25/11)	10am-12pm & 1.30pm-3.30pm	£245	New date!
24th November	Friday	Pilates for Bone Health	10am-12.30pm & 2pm-4pm	£150	New date!
25th November	Saturday	Reformer for Pre- & Postnatal Clients (must be Reformer, Pregnancy qualified)	10am-1pm	£150	First time online!
2nd & 3rd December	Saturday	Level 4 Pilates Adaptations: (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	£245	New date!
2nd & 3rd December	Sat & Sun	Pilates and Mental Wellbeing	10am-12.30pm & 1.30-3.30pm	£245	4 spaces left

Please note that prices of most courses will increase for bookings made after August 18th. Details to follow shortly.