

ONLINE COURSES & WORKSHOPS		Time (UK)	Total Hour	Planned Tutor	Fees £	Fees £		CPD Points
as at 15/09/23						(Academy)		
15th September	Friday	Pilates for Children & Adolescents: Foundation Day	10am-12.30pm & 2pm-4pm	4.5 hrs	Kate Fernyhough	£140	£126	5 spaces left
		Children's Special! Book Foundation on 15/09 and Programmes on 7/10 & 8/10 or later for just £340 (Academy members £300)!!				See Special!!		
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			Fully booked
7th October	Saturday	Pilates for Children & Adolescents: Programmes Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden	£225	£202.50	5 spaces left
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	£125	£112.50	1 space left
14th October	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	4.5 hrs	Nathan Gardner	£140	£126	1 space left
		Performance Special! Book Performance on 14/10 and Runners on 15/10 or Dancers on 04/11 for just £230 (Academy members £200)!!				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	£140	£126	1 space left
20th October	Friday	Matwork Certification Update Day	10am-12pm & 1.30pm-3pm	3.5hrs	Sarah Marks	£100	£90	Good availability
20th October	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4pm	5.5 hrs	Lynne Robinson	£140	£126	3 spaces left
		Pregnancy Special! Book Preg 1 on 20/10 and Pregnancy 2 on 27/10 or 18/02 for just £230 (Academy members £200)!!				See Special!!		
21st October	Saturday	Endurolates PPL Circuit	10am-12pm	2 hrs	Nathan Gardner	£45	£40	Limited spaces
21st October	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	10am-12pm & 1pm-3pm	4 hrs	Karen Robb	£140	£126	Good availability
		Breast Cancer Rehab Special! Book Foundation on 21/10 and Programmes on 22/10 or later for just £240 (Academy members £215)!!				See Special!!		
22nd October	Sunday	Pilates and Breast Cancer Rehab: Programmes Day (must have done Foundation)	10am-12pm & 1pm-3pm	4 hrs	Karen Robb	£140	£126	Good availability
27th October	Friday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	5 hrs	Sarah Warden	£140	£126	3 spaces left
28th October	Saturday	Pilates for the Menopause: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart			Fully booked
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	£140	£126	5 spaces left
11th November	Saturday	Pilates and Hypermobility: Foundation Day (follow-up day on 16/03)	10am-12.30pm & 2pm-4.30pm	5 hrs	Jane Simmonds & Mark Parfitt	£145	£130.50	New date!
		Hypermobility SPECIAL! Book Foundation on 29/07 and Programmes on 16/03 or a future date for £250 (Academy members £225)!!				See Special!!		
11th November	Saturday	Pilates for the Menopause: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart	£225	£202.50	Good availability
12th November	Sunday	Pilates for the Menopause: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden			
18th November	Saturday	Small Ball & Toning Circle	10am-12pm & 1pm-3pm	4 hrs	Sarah Warden	£125	£112.50	5 spaces left
18th November	Saturday	Level 4 Pilates Movement: Day 1 (Day 2 on 25/11)	10am-12pm & 1.30pm-3.30pm	4 hrs	Nathan Gardner	£215	£193.50	New date!
		L4 Pilates SPECIAL! Book Movement starting 18/11 and Adaptations (starting 02/12 or later date) for just £375 (Academy members £337.50)!!				See Special!!		
24th November	Friday	Pilates for Bone Health	10am-12.30pm & 2pm-4pm	4.5 hrs	Lynne Robinson			Fully booked
25th November	Saturday	Level 4 Pilates Movement: Day 2	10am-12pm & 1.30pm-3.30pm	4 hrs	Nathan Gardner			
25th November	Saturday	Reformer for Pre- & Postnatal Clients (must be Reformer, Pregnancy qualified)	10am-1pm	3 hrs	Sarah Warden	£115	£103.50	First time online!
25th November	Saturday	Standing Pilates	10am-12pm & 1pm-3pm	4 hrs	Kathy King	£125	£112.50	New date!
2nd December	Saturday	Level 4 Pilates Adaptations: Day 1 (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	4 hrs	Nathan Gardner	£215	£193.50	New date!
2nd December	Saturday	Pilates and Mental Wellbeing: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart	£225	£202.50	2 spaces left
3rd December	Sunday	Pilates and Mental Wellbeing: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart			
3rd December	Sunday	Level 4 Pilates Adaptations: Day 2 (inc Workbooks Review)	10am-12pm & 1.30pm-3.30pm	4 hrs	thc	£215	£193.50	
9th December	Saturday	Endurolates More than Core	10am-12pm	2 hrs	Nathan Gardner	£45	£40	Limited spaces
2024								
12th January	Friday	Exercise Strategies for Diastasis Recti	10am-1pm	3 hrs	Sarah Warden	£115	£103.50	Good availability
13th January	Saturday	Pilates with the Band (three Size4 2.5m bands (light, medium, strong) inc. UK only)	10am-12pm & 1pm-3pm	4 hrs	Sarah Warden	£110	£99	New Year Special!
		NEW YEAR SPECIAL! Band, Ball and Foam Roller prices reduced. Book two for just £199 saving £51 (Academy £179). Book all three for £279 saving £76 (Academy £250)!!						
14th January	Sunday	Ball (Gym Ball)	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	£110	£99	New Year Special!
20th January	Saturday	Endurolates Cardiozones	10am-12pm	2 hrs	Nathan Gardner	£45	£40	Limited spaces
20th January	Saturday	Foam Roller	10am-12pm & 1pm-3pm	4 hrs	Paul Howse	£110	£99	New Year Special!
20th January	Saturday	Pilates for the Older Person: Day 1	10am-1pm & 2pm-4.30pm	5.5 hrs	Pauline Thomson	£225	£202.50	6 spaces left
21st January	Sunday	Pilates for the Older Person: Day 2	10am-1pm & 2pm-4pm	5 hrs	Pauline Thomson			
2nd February	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4pm	5.5 hrs	Lynne Robinson	£140	£126	New date!
		Pregnancy Special! Book Preg 1 on 02/02 and Pregnancy 2 on 17/02 or a later date for just £230 (Academy members £200)!!				See Special!!		
3rd February	Saturday	Pilates for Swimmers	10am-1pm	3hrs	Jenny Tyler	£100	£90	New date!
3rd February	Saturday	Pilates for the Menopause: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Dr. Pauline Lockhart	£225	£202.50	Good availability
4th February	Sunday	Pilates for the Menopause: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden			
16th February	Friday	Back4Good Low Back Pain: Day 1	10am-1pm & 2pm-4pm	5 hrs	Kyle Blackburn (Leigh until 10.30am)	£375	£337.50	Good availability
17th February	Saturday	Back4Good Low Back Pain: Day 2	10am-1pm & 2pm-4pm	5 hrs	Kyle Blackburn			
17th February	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	5 hrs	Sarah Warden	£140	£126	New date!
18th February	Sunday	Back4Good Low Back Pain: Day 3	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis			
23rd February	Friday	Pilates for Bone Health	10am-12.30pm & 2pm-4pm	4.5 hrs	Lynne Robinson	£140	£126	New date!
2nd March	Saturday	Pilates for Golfers	10am-12.30pm & 2pm-4pm	4.5 hrs	Jenny Tyler	£125	£112.50	New date!
9th March	Saturday	Understanding Neurological Disorders and how Pilates can help	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Louise Tallis	£140	£126.00	New date!
16th March	Saturday	Pilates and Hypermobility: Programmes Day (must have done Foundation)	10am-12.30pm & 2pm-4.30pm	5 hrs	Jane Simmonds & Mark Parfitt	£145	£130.50	New date!