

ONLINE COURSES & WORKSHOPS			Time (UK)	Fees £	
as at 26/10/23					
28th & 29th October	Sat & Sun	Pilates for the Menopause	10am-12.30pm & 1.30-3.30pm	£275	Fully booked
2nd November	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	£45	Fully Booked
4th November	Saturday	Pilates for Dancers (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£175	4 spaces left
8th November	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	6 spaces left
11th November	Saturday	Pilates and Hypermobility: Foundation Day (follow-up day on 16/03)	10am-12.30pm & 2pm-4.30pm	£175	6 spaces left
11th & 12th November	Sat & Sun	Pilates for the Menopause	10am-12.30pm & 1.30-3.30pm	£275	Fully booked
14th November	Tuesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	4 spaces left
18th November	Saturday	Small Ball & Toning Circle	10am-12pm & 1pm-3pm	£175	2 spaces left
18th November	Saturday	Level 4 Pilates Movement: Day 1 (Day 2 on 25/11)	10am-12pm & 1.30pm-3.30pm	£275	3 spaces left
18th November	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	10am-12pm & 1pm-3pm	£175	Fully booked
19th November	Sunday	Pilates and Breast Cancer Rehab: Programmes Day (must have done Foundation)	10am-12pm & 1pm-3pm	£175	Fully booked
23rd November	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	£45	New Date!
24th November	Friday	Pilates for Bone Health	10am-12.30pm & 2pm-4pm	£175	Fully booked
25th November	Saturday	Reformer for Pre- & Postnatal Clients (must be Reformer, Pregnancy qualified)	10am-1pm	£150	4 spaces left
25th November	Saturday	Standing Pilates	10am-12pm & 1pm-3pm	£175	6 spaces left
2nd & 3rd December	Sat & Sun	Level 4 Pilates Adaptations	10am-12pm & 1.30pm-3.30pm	£275	5 spaces left
2nd & 3rd December	Sat & Sun	Pilates and Mental Wellbeing	10am-12.30pm & 1.30-3.30pm	£275	1 space left
6th December	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	New Date!
7th December	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	£45	New Date!
2024					
12th January	Friday	Exercise Strategies for Diastasis Recti	10am-1pm	£150	4 spaces left
13th January	Saturday	Pilates with the Band - three Sissel 2.5m bands (light, medium, strong) inc. (UK only)	10am-12pm & 1pm-3pm	£175	4 spaces left
14th January	Sunday	Ball (Gym Ball)	10am-12pm & 1pm-3pm	£175	New Date!
20th January	Saturday	Foam Roller	10am-12pm & 1pm-3pm	£175	New Date!
20th & 21st January	Sat & Sun	Pilates for the Older Person	10am-1pm & 2pm-4.30pm	£275	4 spaces left
26th January - 10th February	Fri - Sun	Level 3 Matwork Conversion Course - 5 days see below SPECIAL PRICE!	10am-12pm and 1.30pm-3.30pm	£975	New Date!
2nd February	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4pm	£175	New Date!
3rd & 4th February	Sat & Sun	Pilates for the Menopause	10am-12.30pm & 1.30-3.30pm	£275	2 spaces left
17th February	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	£175	New Date!
17th February	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	£175	New Date!
23rd February	Friday	Pilates for Bone Health	10am-12.30pm & 2pm-4pm	£175	2 Spaces left
23rd, 24th, 25th February	Fri - Sun	Look, Listen, Push, Pull Cara Reeser & Jeremy Laverdure WORKSHOP	3pm-6pm each day	£260	Just announced!
24th February	Saturday	Pilates for Runners (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£175	New Date!
2nd March	Saturday	Pilates for Golfers	10am-12.30pm & 2pm-4pm	£175	New Date!
9th March	Saturday	Understanding Neurological Disorders and how Pilates can help	10am-12.30pm & 1.30-3.30pm	£175	New Date!
16th March	Saturday	Pilates and Hypermobility: Programmes Day (must have done Foundation)	10am-12.30pm & 2pm-4.30pm	£175	6 Spaces left
16th March	Saturday	Level 4 Pilates Movement: Day 1 (Day 2 on 23/03)	10am-12pm & 1.30pm-3.30pm	£275	New Date!
16th & 17th March	Sat & Sun	Pilates and Mental Wellbeing	10am-12.30pm & 1.30-3.30pm	£275	New Date!
20th & 21st April	Saturday	Level 4 Pilates Adaptations (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	£275	New Date!