

ONLINE COURSES & WORKSHOPS			Time (UK)	Fees £	
as at 18/11/24					
20th November	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	1 space left
23rd November	Saturday	Small Ball & Toning Circle	10am-12pm & 1pm-3pm		Fully booked
23rd & 24th November	Sat & Sun	Pilates for the Older Person	10am-1pm & 2pm-4.30pm		Fully booked
26th November	Tuesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	2 spaces left
29th November	Friday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm		Fully booked
30th November	Saturday	Pilates on the Ball (Gym Ball)	10am-12pm & 1pm-3pm	£175	4 spaces left
30th November	Saturday	Pilates and Hypermobility: Programmes Day (must have done Foundation)	10am-12.30pm & 2pm-4.30pm	£175	6 spaces left
30th November	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm		Fully booked
4th December	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	Good availability
10th December	Tuesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	New date!
11th January	Saturday	Understanding Neurological Disorders and how Pilates can help	10am-12.30pm & 1.30-3.30pm	£175	3 spaces left
11th January	Saturday	Pilates on the Foam Roller	10am-12pm & 1pm-3pm	£175	3 spaces left
12th January	Sunday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	£175	2 spaces left
14th January	Tuesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	New date!
16th January	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	£45	New date!
17th January	Friday	Pilates with the Band - three Sissel 2.5m bands (light, medium, strong) Inc. (UK only)!	11am-1pm & 2pm-4pm	£175	New date!
17th January	Friday	Matwork Bridging (5 days see dates below)	10am-12pm and 1.30pm-3.30pm	£1,275	4 spaces left
18th January	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	£175	Good availability
18th January	Saturday	Hypopressives for Pilates Teachers: Foundation Day	10am-12.30pm & 1.30-4pm	£195	6 spaces left
25th January	Saturday	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia	10am-12.30pm & 1.30-4pm	£195	4 spaces left
25th January	Saturday	Reformer for Pre- & Postnatal Clients (must be Reformer, Pregnancy qualified)	10am-1pm	£175	New date!
25th January	Saturday	Pilates for Runners (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£175	Good availability
25th January	Saturday	Spine Corrector & Pilates Arc	10am-12.30pm & 1.30pm-4pm	£175	Good availability
Buy a Pilates Arc for just £80 when attending this course - saving 50%!					
28th January	Tuesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	New date!
29th January	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	New date!
1st February	Saturday	Pilates for Golfers	10am-12.30pm & 1.30pm-3.30pm	£175	Good availability
1st & 2nd February	Sat & Sun	Pilates for the Older Person	10am-1pm & 2pm-4.30pm	£275	New date!
4th February	Tuesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	New date!
7th & 8th February	Fri & Sat	Pilates for the Menopause	10am-12.30pm & 1.30-3.30pm	£275	New date!
8th February	Saturday	Pilates for Dancers (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£175	Good availability
8th February	Saturday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	£175	Good availability
13th February	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	£45	New date!
14th February	Friday	Exercise Strategies for Diastasis Recti with recording!	10am-1pm	£150	New date!
15th February	Saturday	Small Ball & Toning Circle	10am-12pm & 1pm-3pm	£175	New date!
15th February	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	£175	New date!
22nd February	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	10am-12pm & 1pm-3pm	£175	New date!
22nd & 23rd February	Sat & Sun	Movement	10am-12pm & 1.30pm-4pm	£275	New date!
26th February	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	New date!
27th February	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	£45	New date!
1st March	Saturday	Exercise Strategies for Diastasis Recti with recording!	10am-1pm	£150	New date!
1st & 2nd March	Sat & Sun	Pilates for Children & Adolescents: Programmes (incl. Foundation notes)	10am-12.30pm & 1.30-3.30pm	£275	New date!
7th March	Friday	Hypopressives for Pilates Teachers: Foundation Day	10am-12.30pm & 1.30-4pm	£175	New date!
8th & 9th March	Sat & Sun	Adaptations (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	£275	New date!
5th April	Saturday	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia	10am-12.30pm & 1.30-4pm	£195	New date!
5th & 6th April	Sat & Sun	Pilates and Scoliosis	10am-12.30pm & 2pm-4pm	£275	New date!
25th April	Friday	Matwork Bridging (5 days see dates below)	10am-12pm and 1.30pm-3.30pm	£1,275	New date!
26th April	Saturday	Understanding Medical Conditions	10am-12.30pm & 1.30-3.30pm	£175	New date!