CALLINIT COLLEC	TO A MADRICE	LODG FOR DORA MEMBERS	(1114)		a. 1= .				600 D : 1
	ES & WORKSF	IOPS FOR BCPA MEMBERS	Time (UK)	Total Hours		Fees £	Fees £		CPD Points
as at 29/04/25			0.00 40.45	24/41	(tutors may change)		(Academy)		
29th April	Tuesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm		Rob Fisher (Prime First Aid)	£40	£40	4 spaces left	
2nd May	Friday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	5 hrs	Sarah Warden			Fully booked	A30
2nd May	Friday	Matwork Certification Update Day	10am-12pm & 1.30pm-3pm	3.5hrs	Sarah Marks	£110	£99	3 spaces left	A30
7th May	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	4 spaces left	
8th May	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	
9th May	Friday	Exercise Strategies for Diastasis Recti with recording!	10am-1pm	3 hrs	Sarah Warden	£115	£103.50	Good availability	A15
9th May	Friday	Back4Good Low Back Pain: Day 1	10am-1pm & 2pm-4pm	5 hrs	Kyle Blackburn	£375	£337.50	1 space left	A90 (Days 1-3)
10th May	Saturday	Back4Good Low Back Pain: Day 2	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis				
10th May	Saturday	Pilates in Prostate Cancer - NEW COURSE! See July 26th for next date	10am-12.30pm & 1.30pm-4pm	5 hrs	Karen Robb & Mark McCaffrey			Fully booked	A30
10th May	Saturday	Movement: Day 1	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner	£215	£193.50	Good availability	A60 (Days 1&2)
,		SPECIAL! Book Movement starting 10/5 and Adaptations on 17/5 or a later da		rs £337.50)!!		See Special!	!		
11th May	Sunday	Movement: Day 2	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner				
11th May	Sunday	Back4Good Low Back Pain: Day 3	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis				
16th May	Friday	Separate but Connected - Day 1 of 3 WORKSHOP with recording!	3pm-6pm	3hrs	Cara Reeser & Jeremy Laverdure	250 (FBird)	225 (Fhird)	Limited availability	A60 (Days 1-3)
17th May	Saturday	Separate but Connected - Day 2 of 3 WORKSHOP with recording!	3pm-6pm	3hrs	Cara Reeser & Jeremy Laverdure	250 (LDIIU)	ZZJ (EDITU)	Littled availability	A00 (Days 1-3)
17th May	Saturday	Adaptations: Day 1 (must have done 'Movement' first)		4 hrs	Nathan Gardner	£215	£193.50	Name descri	ACO ::
			10am-12pm & 1.30pm-3.30pm		Nathan Gardner	£215	£193.50	New date!	A60 (Days 1&2)
18th May	Sunday	Adaptations: Day 2 (inc Workbooks Review)	10am-12pm & 1.30pm-3.30pm	4 hrs					
18th May	Sunday	Separate but Connected - Day 3 of 3 WORKSHOP with recording!	3pm-6pm	3hrs	Cara Reeser & Jeremy Laverdure				
20th May	Tuesday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	Good availability	
21st May	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	
23rd May	Friday	Hypopressives for Pilates Teachers: Foundation Day	10am-12.30pm & 1.30-4pm	5 hrs	Abby Lord	£160	£144	Good availability	A30
		Hypopressives Special! Book Foundation on 23/5 and Day 2 'Mobilise your Fas	cia' on 28/6 or any later date for ju	st £295 (Aca	demy members £265)!!	See Special	!		
31st May	Saturday	Understanding Pain Syndromes and how Pilates can help	10am-12.30pm & 2pm-4pm	4.5 hrs	Lorna Nicholson	£140	£126	5 spaces left	A30
1st June	Sunday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	5 hrs	Louise Tallis			Fully booked	A30
6th June	Friday	Pilates for the Menopause: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Anna Anscombe	£225	£202.50	5 spaces left	A60 (Days 1&2)
7th June	Saturday	Pilates for the Menopause: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden				
7th June	Saturday	Spine Corrector & Pilates Arc	10am-12.30pm & 1.30pm-4pm	5 hrs	Jacquie Biggs	£140	£126	3 spaces left	A30
		Buy a Balanced Body Pilates Arc for just £85 (excluding p&p) when attending	this course - saving approx 50%!		,00-				
12th June	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	New date!	
					Lorna Nicholson	£40 £125	£112.50		A30
14th June	Saturday	Pilates for ME/Chronic Fatigue, POTs, Associated Conditions WORKSHOP	10am-12.30pm & 1.30-3.30pm	4.5 hrs				Good availability	A30
17th June	Tuesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	New date!	
20th June	Friday	Pilates with the Band - three Sissel 2.5m bands (light, medium, strong) inc. (UK only)!	10am-12pm & 1pm-3pm	4 hrs	Paul Howse	£125	£112.50	Good availability	A30
21st June	Saturday	Musculoskeletal Problems and how Pilates can help	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Kyle Blackburn	£140	£126	Good availability	A30
21st June	Saturday	Pilates for Children & Adolescents: Day 1 (see note in footer)	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden	£225	£202.50	New date!	A60 (Days 1&2)
22nd June	Sunday	Pilates for Children & Adolescents: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden				
22nd June	Sunday	Small Ball & Toning Circle	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	£125	£112.50	5 spaces left	A30
27th June	Friday	Ball (Gym Ball)	10am-12pm & 1pm-3pm	4 hrs	Jacquie Biggs	£125	£112.50	Good availability	A30
28th June	Saturday	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia	10am-12.30pm & 1.30-4pm	5 hrs	Abby Lord	£160	£144	Good availability	
28th June	Saturday	Pilates and Mental Wellbeing	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Lorna Nicholson	£140	£126	New date!	A30
28th June	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	10am-12.30pm & 1pm-3.30pm	5 hrs	Karen Robb	£140	£126	New date!	A30
		Breast Cancer Rehab Special! Book Foundation on 28/06 and Programmes on				See Special			
29th June	Sunday	Pilates and Breast Cancer Rehab: Programmes Day (must have done Foundation)		5 hrs	Karen Robb	£140	£126	New date!	A30
			10am-12.30pm & 1pm-3.30pm		Jane Simmonds & Mark Parfitt			Revised date!	
5th July	Saturday	Pilates and Hypermobility: Programmes Day (must have done Foundation)	10am-12.30pm & 2pm-4.30pm	5 hrs		£145	£130.50		A30
5th July	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	4.5 hrs	Nathan Gardner	£140	£126	Good availability	A30
		Performance Special! Book Performance on 5/7 and Runners on 12/7 or Dance			ny members £200)!!	See Special			
11th July	Friday	Sacroiliac Joint Dysfunction & how Pilates can help NEW WORKSHOP!	9.30am-12.30pm	3hrs	Kyle Blackburn	£110	£99	New Workshop!	A15
		Special! Book both of Kyle's workshops on 11/7 for just £180 (Academy £162)							
11th July	Friday	Shoulder Pathology & how Pilates can help WORKSHOP	1.30pm-4.30pm	3hrs	Kyle Blackburn	£110	£99	6 spaces left	A15
11th July 12th July	Friday Saturday		1.30pm-4.30pm 10am-12pm & 1pm-3pm	3hrs 4 hrs	Kyle Blackburn Kate Hodder	£110 £125	£99 £112.50	6 spaces left New date!	A15 A30
		Shoulder Pathology & how Pilates can help WORKSHOP							
12th July	Saturday	Shoulder Pathology & how Pilates can help WORKSHOP Foam Roller	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	£125	£112.50	New date!	A30
12th July 12th July 19th July	Saturday Saturday Saturday	Shoulder Pathology & how Pilates can help WORKSHOP Foam Roller Pilates for Runners (must have done Pilates for Performance first) Pilates for Dancers (must have done Pilates for Performance first)	10am-12pm & 1pm-3pm 10am-12.30pm & 2pm-4pm 10am-12.30pm & 2pm-4pm	4 hrs 4.5 hrs 4.5 hrs	Kate Hodder Nathan Gardner Linda Gardner	£125 £140	£112.50 £126 £126	New date! New date! New date!	A30 A30 A30
12th July 12th July 19th July 19th July	Saturday Saturday Saturday Saturday	Shoulder Pathology & how Pilates can help WORKSHOP Foam Roller Pilates for Runners (must have done Pilates for Performance first) Pilates for Dancers (must have done Pilates for Performance first) Pilates for Dancers (must have done Pilates for Performance first) Pilates for Dancers (must have done Pilates for Performance first)	10am-12pm & 1pm-3pm 10am-12.30pm & 2pm-4pm 10am-12.30pm & 2pm-4pm 10am-12.30pm & 1.30pm-4pm	4 hrs 4.5 hrs 4.5 hrs 5 hrs	Kate Hodder Nathan Gardner Linda Gardner Louise Tallis	£125 £140 £140 £140	£112.50 £126 £126 £126	New date! New date! New date! Good availability	A30 A30 A30 A30
12th July 12th July 19th July 19th July 26th July	Saturday Saturday Saturday Saturday Saturday	Shoulder Pathology & how Pilates can help WORKSHOP Foam Roller Pilates for Runners (must have done Pilates for Performance first) Pilates for Dancers (must have done Pilates for Performance first) Pilates for Bone Health Pilates in Prostate Cancer - NEW COURSE!	10am-12pm & 1pm-3pm 10am-12.30pm & 2pm-4pm 10am-12.30pm & 2pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm	4 hrs 4.5 hrs 4.5 hrs 5 hrs 5 hrs	Kate Hodder Nathan Gardner Linda Gardner Louise Tallis Karen Robb & Mark McCaffrey	£125 £140 £140 £140 £160	£112.50 £126 £126 £126 £144	New date! New date! New date! Good availability 6 spaces left	A30 A30 A30 A30 A30
12th July 12th July 19th July 19th July 26th July 26th July	Saturday Saturday Saturday Saturday Saturday Saturday	Shoulder Pathology & how Pilates can help WORKSHOP Foam Roller Pilates for Runners (must have done Pilates for Performance first) Pilates for Dancers (must have done Pilates for Performance first) Pilates for Dancers (must have done Pilates for Performance first) Pilates for Bone Health Pilates in Prostate Cancer - NEW COURSE! Movement: Day 1	10am-12pm & 1pm-3pm 10am-12.30pm & 2pm-4pm 10am-12.30pm & 2pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm	4 hrs 4.5 hrs 4.5 hrs 5 hrs 5 hrs 4.5 hrs	Kate Hodder Nathan Gardner Linda Gardner Louise Tallis Karen Robb & Mark McCaffrey Nathan Gardner	£125 £140 £140 £140	£112.50 £126 £126 £126	New date! New date! New date! Good availability	A30 A30 A30 A30
12th July 12th July 19th July 19th July 26th July	Saturday Saturday Saturday Saturday Saturday	Shoulder Pathology & how Pilates can help WORKSHOP Foam Roller Pilates for Runners (must have done Pilates for Performance first) Pilates for Dancers (must have done Pilates for Performance first) Pilates for Dancers (must have done Pilates for Performance first) Pilates for Bone Health Pilates for Bone Health Pilates in Prostate Cancer - NEW COURSE! Movement: Day 1 Movement: Day 2	10am-12pm & 1pm-3pm 10am-12.30pm & 2pm-4pm 10am-12.30pm & 2pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm	4 hrs 4.5 hrs 4.5 hrs 5 hrs 5 hrs 4.5 hrs 4.5 hrs	Kate Hodder Nathan Gardner Linda Gardner Louise Tallis Karen Robb & Mark McCaffrey Nathan Gardner Nathan Gardner	£125 £140 £140 £140 £160	£112.50 £126 £126 £126 £144	New date! New date! New date! Good availability 6 spaces left	A30 A30 A30 A30 A30
12th July 12th July 19th July 19th July 26th July 26th July 27th July	Saturday Saturday Saturday Saturday Saturday Saturday Saturday Sunday	Shoulder Pathology & how Pilates can help WORKSHOP Foam Roller Pilates for Runners (must have done Pilates for Performance first) Pilates for Dancers (must have done Pilates for Performance first) Pilates for Dancers (must have done Pilates for Performance first) Pilates for Dancers (must have done Pilates for Performance first) Pilates in Prostate Cancer - NEW COURSE! Movement: Day 1 Movement: Day 1 SUMMER SPECIALI Book Movement starting 26/7 and Adaptations starting or	10am-12pm & 1pm-3pm 10am-12.30pm & 2pm-4pm 10am-12.30pm & 2pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 23/8 for just £330 (Academy mem	4 hrs 4.5 hrs 4.5 hrs 5 hrs 5 hrs 4.5 hrs 4.5 hrs bers £297). S	Kate Hodder Nathan Gardner Linda Gardner Louise Tallis Karen Robb & Mark McCaffrey Nathan Gardner Nathan Gardner aving up to £100!!	£125 £140 £140 £140 £160 £215	£112.50 £126 £126 £126 £144 £193.50	New date! New date! New date! Good availability 6 spaces left New date!	A30 A30 A30 A30 A30 A30 A60 (Days 1&2)
12th July 12th July 19th July 19th July 26th July 26th July	Saturday Saturday Saturday Saturday Saturday Saturday	Shoulder Pathology & how Pilates can help WORKSHOP Foam Roller Pilates for Runner's (must have done Pilates for Performance first) Pilates for Dancer's (must have done Pilates for Performance first) Pilates for Dancer's (must have done Pilates for Performance first) Pilates for Bone Health Pilates in Prostate Cancer - NEW COURSE! Movement: Day 1 Movement: Day 2 SUMMER SPECIALI Book Movement starting 26/7 and Adaptations starting or Pregnancy 1	10am-12pm & 1pm-3pm 10am-12.30pm & 2pm-4pm 10am-12.30pm & 2pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 23/8 for just £330 (Academy mem 10am-12,30pm & 1.30pm-3	4 hrs 4.5 hrs 4.5 hrs 5 hrs 5 hrs 4.5 hrs 4.5 hrs bers £297). S	Kate Hodder Nathan Gardner Linda Gardner Louise Tallis Karen Robb & Mark McCaffrey Nathan Gardner Nathan Gardner	£125 £140 £140 £140 £160	£112.50 £126 £126 £126 £144	New date! New date! New date! Good availability 6 spaces left	A30 A30 A30 A30 A30
12th July 12th July 19th July 19th July 26th July 26th July 27th July 8th August	Saturday Saturday Saturday Saturday Saturday Saturday Saturday Saturday Sunday Friday	Shoulder Pathology & how Pilates can help WORKSHOP Foam Roller Pilates for Runners (must have done Pilates for Performance first) Pilates for Runners (must have done Pilates for Performance first) Pilates for Dancers (must have done Pilates for Performance first) Pilates for Bone Health Pilates for Bone Health Pilates in Prostate Cancer - NEW COURSE! Movement: Day 1 Movement: Day 2 SUMMER SPECIALI Book Movement starting 26/7 and Adaptations starting or Pregnancy 1 Pregnancy 2 Pregnancy 2 on 09/08 or a later	10am-12pm & 1pm-3pm 10am-12.30pm & 2pm-4pm 10am-12.30pm & 2pm-4pm 10am-12.30pm & 130pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 12am-12pm & 1.30pm-4pm 12am-12pm & 1.30pm-40pm 10am-12pm & 1.30pm-4.30pm 10am-12pm & 1.30pm-4.30pm	4 hrs 4.5 hrs 4.5 hrs 5 hrs 5 hrs 4.5 hrs 4.5 hrs 4.5 hrs 4.5 hrs 4.5 hrs bers £297). S 5.5 hrs bers £200)!!	Kate Hodder Nathan Gardner Linda Gardner Louise Tallis Karen Robb & Mark McCaffrey Nathan Gardner Nathan Gardner aving up to £100!! Lynne Robinson	£125 £140 £140 £140 £160 £215 See Special! £140 See Special!	£112.50 £126 £126 £126 £126 £144 £193.50	New date! New date! New date! Good availability 6 spaces left New date! New date!	A30 A30 A30 A30 A30 A60 (Days 18.2)
12th July 12th July 19th July 19th July 26th July 26th July 27th July 8th August	Saturday Saturday Saturday Saturday Saturday Saturday Saturday Saturday Sunday Friday Saturday	Shoulder Pathology & how Pilates can help WORKSHOP Foam Roller Pilates for Runner's (must have done Pilates for Performance first) Pilates for Cancer's (must have done Pilates for Performance first) Pilates in Prostate Cancer - NEW COURSE! Movement: Day 1 Movement: Day 2 SUMMER SPECIALI Book Movement starting 26/7 and Adaptations starting or Pregnancy 1 Pregnancy Seciali Book Preg 1 on 08/08 and Pregnancy 2 on 09/08 or a later Pregnancy (Jemust have done Pregnancy 1)	10am-12pm & 1pm-3pm 10am-12.30pm & 2pm-4pm 10am-12.30pm & 2pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4.30pm date for just £230 (Academy mem 10am-12.30pm & 1.30pm-4.30pm date for just £230 (Academy mem 10am-12.30pm & 1.30pm-4.30pm	4 hrs 4.5 hrs 4.5 hrs 5 hrs 5 hrs 4.5 hrs 4.5 hrs 4.5 hrs 4.5 hrs 4.5 hrs bers £297). S 5.5 hrs bers £200)!! 5 hrs	Kate Hodder Nathan Gardner Linda Gardner Louise Tallis Karen Robb & Mark McCaffrey Nathan Gardner Nathan Gardner awing up to £100!! Lynne Robinson Sarah Warden	£125 £140 £140 £140 £160 £215 See Special! £140 See Special!	£112.50 £126 £126 £126 £126 £144 £193.50 £126	New date! New date! New date! Good availability 6 spaces left New date! New date!	A30 A30 A30 A30 A30 A30 A60 (Days 18.2) A30
12th July 12th July 19th July 19th July 26th July 26th July 27th July 8th August	Saturday Saturday Saturday Saturday Saturday Saturday Saturday Saturday Sunday Friday	Shoulder Pathology & how Pilates can help WORKSHOP Foam Roller Pilates for Runners (must have done Pilates for Performance first) Pilates for Runners (must have done Pilates for Performance first) Pilates for Bone Health Pilates for Bone Health Pilates in Prostate Cancer - NEW COURSE! Movement: Day 1  SUMMER SPECIAL! Book Movement starting 26/7 and Adaptations starting or Pregnancy 1  Pregnancy 1  Pregnancy 2 (must have done Pregnancy 1) Hypopressives for Pillates Teachers: Foundation Day	10am-12pm & 1pm-3pm 10am-12.30pm & 2pm-4pm 10am-12.30pm & 1pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4.30pm 10am-12.30pm & 1.30pm-4.30pm 10am-12.30pm & 1.30pm-4.30pm 10am-12.30pm & 1.30pm-4.30pm	4 hrs 4.5 hrs 4.5 hrs 5 hrs 5 hrs 4.5 hrs 4.5 hrs 4.5 hrs 4.5 hrs bers £297). S 5.5 hrs 5 hrs 5 hrs	Kate Hodder Nathan Gardner Louise Tailis Karen Robb & Mark McCaffrey Nathan Gardner Nathan Gardner Nathan Gardner awing up to £100II Lynne Robinson Sarah Warden Abby Lord	£125 £140 £140 £140 £160 £215 See Special! £140 See Special! £140 £160	£112.50 £126 £126 £126 £126 £144 £193.50	New date! New date! New date! Good availability 6 spaces left New date! New date!	A30 A30 A30 A30 A30 A60 (Days 18.2)
12th July 12th July 19th July 19th July 26th July 26th July 27th July 8th August	Saturday Saturday Saturday Saturday Saturday Saturday Saturday Saturday Sunday Friday Saturday	Shoulder Pathology & how Pilates can help WORKSHOP Foam Roller Pilates for Runner's (must have done Pilates for Performance first) Pilates for Cancer's (must have done Pilates for Performance first) Pilates in Prostate Cancer - NEW COURSE! Movement: Day 1 Movement: Day 2 SUMMER SPECIALI Book Movement starting 26/7 and Adaptations starting or Pregnancy 1 Pregnancy Seciali Book Preg 1 on 08/08 and Pregnancy 2 on 09/08 or a later Pregnancy (Jemust have done Pregnancy 1)	10am-12pm & 1pm-3pm 10am-12.30pm & 2pm-4pm 10am-12.30pm & 1pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4.30pm 10am-12.30pm & 1.30pm-4.30pm 10am-12.30pm & 1.30pm-4.30pm 10am-12.30pm & 1.30pm-4.30pm	4 hrs 4.5 hrs 4.5 hrs 5 hrs 5 hrs 4.5 hrs 4.5 hrs 4.5 hrs 5 hrs	Kate Nodder Nathan Gardner Linda Gardner Louise Tallis Karen Robb & Mark McCaffrey Nathan Gardner Nathan Gardner Nathan Gardner Nathan Gardner Saving up to £100!! Lynne Robinson Sarah Warden Abby Lord my members £265!!!	£125 £140 £140 £140 £160 £215 See Special! £140 See Special! £140 £160 £160 £160	£112.50 £126 £126 £126 £126 £144 £193.50 £126 £126	New date! New date! New date! Good availability 6 spaces left New date! New date! New date! New date!	A30 A30 A30 A30 A30 A30 A60 (Days 18.2) A30
12th July 12th July 19th July 19th July 26th July 26th July 27th July 8th August	Saturday Saturday Saturday Saturday Saturday Saturday Saturday Saturday Sunday Friday Saturday	Shoulder Pathology & how Pilates can help WORKSHOP Foam Roller Pilates for Runners (must have done Pilates for Performance first) Pilates for Runners (must have done Pilates for Performance first) Pilates for Bone Health Pilates for Bone Health Pilates in Prostate Cancer - NEW COURSE! Movement: Day 1  SUMMER SPECIAL! Book Movement starting 26/7 and Adaptations starting or Pregnancy 1  Pregnancy 1  Pregnancy 2 (must have done Pregnancy 1) Hypopressives for Pillates Teachers: Foundation Day	10am-12pm & 1pm-3pm 10am-12.30pm & 2pm-4pm 10am-12.30pm & 1pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4.30pm 10am-12.30pm & 1.30pm-4.30pm 10am-12.30pm & 1.30pm-4.30pm 10am-12.30pm & 1.30pm-4.30pm	4 hrs 4.5 hrs 4.5 hrs 5 hrs 5 hrs 4.5 hrs 4.5 hrs 4.5 hrs 5 hrs	Kate Hodder Nathan Gardner Louise Tailis Karen Robb & Mark McCaffrey Nathan Gardner Nathan Gardner Nathan Gardner awing up to £100II Lynne Robinson Sarah Warden Abby Lord	£125 £140 £140 £140 £160 £215 See Special! £140 See Special! £140 £160	£112.50 £126 £126 £126 £126 £144 £193.50 £126 £126 £126 £126	New date! New date! New date! Good availability 6 spaces left New date!	A30 A30 A30 A30 A30 A30 A60 (Days 18.2) A30
12th July 12th July 19th July 19th July 19th July 26th July 26th July 27th July 8th August 9th August	Saturday Saturday Saturday Saturday Saturday Saturday Saturday Saturday Sinday Friday Saturday Saturday	Shoulder Pathology & how Pilates can help WORKSHOP Foam Roller Pilates for Runners (must have done Pilates for Performance first) Pilates for Bonners (must have done Pilates for Performance first) Pilates for Dancers (must have done Pilates for Performance first) Pilates for Dancers (must have done Pilates for Performance first) Pilates for Bonne Health Pilates in Prostate Cancer - NEW COURSEI Movement: Day 1 Movement: Day 2 SUMMER SPECIALI Book Movement starting 26/7 and Adaptations starting or Pregnancy 1 Pregnancy Speciall Book Preg 1 on 08/08 and Pregnancy 2 on 09/08 or a later Pregnancy 2 (must have done Pregnancy 3) Hypopressives for Pilates Teachers: Foundation Day Hypopressives Speciall Book Foundation on 9/8 and Day 2 'Mobilise your Fasc	10am-12pm & 1pm-3pm 10am-12.30pm & 2pm-4pm 10am-12.30pm & 2pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm	4 hrs 4.5 hrs 4.5 hrs 5 hrs 5 hrs 4.5 hrs 4.5 hrs 4.5 hrs 5 hrs	Kate Nodder Nathan Gardner Linda Gardner Louise Tallis Karen Robb & Mark McCaffrey Nathan Gardner Nathan Gardner Nathan Gardner Nathan Gardner Saving up to £100!! Lynne Robinson Sarah Warden Abby Lord my members £265!!!	£125 £140 £140 £140 £160 £215 See Special! £140 See Special! £140 £160 £160 £160	£112.50 £126 £126 £126 £126 £144 £193.50 £126 £126	New date! New date! New date! Good availability 6 spaces left New date! New date! New date! New date!	A30 A30 A30 A30 A30 A30 A60 (Days 18.2) A30
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12th July 12th July 12th July 19th July 19th July 26th July 26th July 27th July 8th August 9th August 17th August 17th August 24th August 6th September	Saturday Saturday Saturday Saturday Saturday Saturday Saturday Sunday Friday Saturday	Shoulder Pathology & how Pilates can help WORKSHOP Foam Roller Pilates for Runners (must have done Pilates for Performance first) Pilates for Runners (must have done Pilates for Performance first) Pilates for Dancers (must have done Pilates for Performance first) Pilates for Bone Health Pilates in Prostate Cancer - NEW COURSE! Movement: Day 1  SUMMER SPECIALI Book Movement starting 26/7 and Adaptations starting or Pregnancy 1  Pregnancy 2 (must have done Pregnancy 1) Pregnancy 2 for Pilates Teachers: Foundation Day Hypopressives Speciall Book Foundation on 9/8 and Day 2 'Mobilise your Fasch Hypopressives for Pillates Teachers Day 2: Mobilise your Fasch Adaptations: Day 1 (must have done 'Movement' first) Adaptations: Day 2 (Inc Workbooks Review) Pilates for Golfers	10am-12pm & 1pm-3pm 10am-12.30pm & 2pm-4pm 10am-12.30pm & 2pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4.30pm 10am-12.30pm & 1.30pm-4.30pm 10am-12.30pm & 1.30pm-4.30pm 10am-12.30pm & 1.30pm-4.30pm 10am-12.30pm & 1.30pm-3.30pm 10am-12pm & 1.30pm-3.30pm	4 hrs 4.5 hrs 4.5 hrs 5 hrs 5 hrs 5 hrs 4.5 hrs 5 hrs 5 hrs 6 hrs 6 hrs 5 hrs 5 hrs 5 hrs 5 hrs 5 hrs 5 hrs 4.5 hrs 6 hrs 7 hrs	Kate Hodder Nathan Gardner Louise Tallis Karen Robb & Mark McCaffrey Nathan Gardner Nathan Gardner Nathan Gardner Nathan Gardner Saving up to £100!! Lynne Robinson Sarah Warden Abby Lord my members £265}!! Abby Lord Nathan Gardner	f125 f140 f140 f160 f215 See Speciall f140 See Speciall f140 See Speciall f160 See Speciall f160 f160 f160 f160 f160 f160 f160 f170 f170 f170 f170 f170 f170 f170 f17	£112.50 £126 £126 £126 £126 £144 £193.50 £126 £144 £193.50 £144 £193.50	New date! New date! New date! Good availability 6 spaces left New date!	A30 A30 A30 A30 A30 A30 A30 A30 A60 (Dbys 182) A30 A30 A30 A30 A30 A30 A30 A30 A30
12th July 12th July 12th July 19th July 19th July 19th July 26th July 26th July 27th July 8th August 9th August 17th August 23rd August 24th August 6th September 12th September 12th September	Saturday Sunday Saturday Saturday Saturday Saturday Saturday Saturday Saturday Saturday Saturday Friday	Shoulder Pathology & how Pilates can help WORKSHOP Foam Roller Pilates for Runners (must have done Pilates for Performance first) Pilates for Runners (must have done Pilates for Performance first) Pilates for Dancers (must have done Pilates for Performance first) Pilates for Bone Health Pilates in Prostate Cancer - NEW COURSE! Movement: Day 1 Movement: Day 2 SUMMER SPECIAL! Book Movement starting 26/7 and Adaptations starting or Pregnancy 1 Pregnancy 2 (must have done Pregnancy 1 Pregnancy 2 (must have done Pregnancy 1 Hypopressives for Pilates Teachers: Foundation Day Hypopressives for Pilates Teachers: Foundation Day Hypopressives for Pilates Teachers: Poly Mobilise your Fasci Hypopressives for Pilates Teachers Day 2: Mobilise your Fasci Hypopressives for Pilates Teachers Day 2: Mobilise your Fasci Hypopressives Joy 1 (must have done Vivoement first) Adaptations: Day 1 (must have done Vivoement first) Hadaptations: Day 2 (inc Workbooks Review) Pilates for Golfers Back4Good Low Back Pain: Day 1 (Days 2 & 3 on 20/9 & 21/9)	10am-12pm & 1pm-3pm 10am-12.30pm & 2pm-4pm 10am-12.30pm & 2pm-4pm 10am-12.30pm & 2pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 10am-12pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-43pm 10am-12.30pm & 1.30pm-43pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30pm-4pm 10am-12.30pm & 1.30-4pm 10am-12.30pm & 1.30-4pm 10am-12pm & 1.30pm-3.30pm 10am-12pm & 1.30pm-3.30pm 10am-12pm & 1.30pm-3.30pm 10am-12pm & 1.30pm-3.30pm	4 hrs 4.5 hrs 4.5 hrs 5 hrs 5 hrs 4.5 hrs 4.5 hrs 6 hrs 5 hrs 5.5 hrs ers £297). S 5.5 hrs ers £20)!! 5 hrs 4 hrs 4 hrs 4 hrs 4 hrs 5 hrs 5 hrs	Kate Nodder Nathan Gardner Linda Gardner Louise Tallis Karen Robb & Mark McCaffrey Nathan Gardner Nathan Gardner Nathan Gardner Saving up to £10011 Lynne Robinson Sarah Warden Abby Lord my members £265)11 Abby Lord Nathan Gardner Jenny Tyler Jenny Tyler Kyle Blackburn	£125 £140 £140 £140 £160 £215 See Special £140 £160 See Special £140 £160 £215 £15 £15 £15 £15 £160 £215 £15 £160 £215	£112.50 £126 £126 £126 £126 £144 £193.50 £126 £144 £193.50 £144 £193.50 £112.50 £337.50	New date! New date! New date! Sod availability So spaces left New date!	A30 A30 A30 A30 A30 A30 A50 (Days 182) A30
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