

## 2019 TEACHER TRAINING CALENDAR

Sunday	3 February	Lisa Bradshaw	The Ultimate Matwork - Principle Series	9am - 5pm	£	250.00
Sunday	3 March	Lisa Bradshaw	The Complete Chair - Day 1	9am - 5pm	£	425.00
Sunday	31 March	Lisa Bradshaw	The Complete Chair - Day 2	9am - 5pm		
Sunday	10 March	Lisa Bradshaw	The Ultimate Matwork - Progressive Series	9am - 5pm	£	250.00
Sunday	24 March	Kate Fry	The Thoracic Spine	930am-1230pm	£	100.00
Sunday	24 March	Kate Fry	It's All About the Shoulders	130pm - 430pm	£	100.00
Saturday	30 March	Lisa Bradshaw	HIP Pilates® Foundation	1pm-6pm	£	250.00
Saturday	6 April	Lisa Bradshaw	HIP Pilates® REFORMER	1230pm-6pm	£	250.00
Sunday	7 April	Lisa Bradshaw	The Complete Cadillac - Day 1	9am - 5pm	£	465.00
Sunday	28 April	Lisa Bradshaw	The Complete Cadillac - Day 2	9am - 5pm		
Sunday	12 May	Lisa Bradshaw	Progressive Reformer 1	9am - 5pm	£	250.00
Sunday	19 May	Lisa Bradshaw	The Ultimate Matwork - Classical Series	9am - 5pm	£	250.00
Saturday	1 June	Lisa Bradshaw	Head to Toe Pilates	1pm - 4pm	£	100.00
Sunday	2 June	Lisa Bradshaw	The Springboard 1	9am-5pm	£	250.00
Sunday	9 June	Kate Fry	Encouraging Spinal Mobility on the Reformer	930am-1230pm	£	100.00
Sunday	9 June	Kate Fry	Lower Limb Rehabilitation	130pm-430pm	£	100.00
Sunday	23 June	Lisa Bradshaw	Progressive Reformer 2	9am - 5pm	£	250.00
Sunday	14 July	Lisa Bradshaw	Progressive Reformer 3	9am - 5pm	£	250.00
Sunday	1 September	Cobham Pilates Team	September 2019 Teacher Inspiration Day	9am - 530pm	£	195.00
Saturday	7 September	Lisa Bradshaw	Introductory Reformer - Day 1	1230pm - 530pm	£	750.00
Sunday	8 September	Lisa Bradshaw	Introductory Reformer - Day 2	9am - 4pm		
Sunday	29 September	Lisa Bradshaw	Introductory Reformer - Day 3	9am - 4pm		
Sunday	13 October	Lisa Bradshaw	Introductory Reformer - Day 4	9am - 4pm		
Saturday	21 September	Kate Fry	Pregnancy and Post Natal Pilates - Day 1	1pm - 5pm	£	350.00
Sunday	22 September	Kate Fry	Pregnancy and Post Natal Pilates - Day 2	10am - 4pm		