



Level 3 Diploma in Mat Pilates January 2025

Stage 1- Essential Matwork

Module 1-25-26th January

Module 2-8-9th February

Module 3-1st-2nd March

Stage 2- Progressive Matwork

Module 1- 22nd-23rd March

Module 2- 5-6th April

Module 3-10-11th May

Assessments

7th June