



Level 3 Diploma in Mat Pilates September 2024

Stage 1- Essential Matwork

Module 1-14-15th September

Module 2-12-13th October

Module 3-19-20th October

Stage 2- Progressive Matwork

Module 1-2-3rd November

Module 2- 9-10th November

Module 3- 7-8th December

Assessments

14th December