



Level 3 Diploma in Mat Pilates September 2025

Stage 1- Essential Matwork

Module 1-20-21st September

Module 2-27-28th September

Module 3-4-5th October

Stage 2- Progressive Matwork

Module 1-18-19th October

Module 2- 15-16th November

Module 3- 22-23rd November

Assessments

6-7th December