



Level 3 Diploma in Teaching Mat Pilates Sept-Dec 2026

Stage 1- Essential Matwork

Module 1- 19th & 20th Sept

Module 2- 3rd & 4th Oct

Module 3- 17th & 18th Oct

Stage 2- Progressive Matwork

Module 4- 24th & 25th Oct

Module 5- 31st Oct & 1st Nov

Module 6- 28th & 29th Nov

Assessments

5th & 6th Dec (you will only need to attend one of these days)