



Level 3 Diploma in Mat Pilates September 2023

Stage 1- Essential Matwork
Module 1-16th-17th Sept
Module 2-23rd-24th Sept
Module 3- 21st-22nd Oct
Stage 2- Progressive Matwork
Module 1- 4th-5th Nov
Module 2-11th-12th Nov
Module 3-18th-19th Nov
Assessments
16th Dec