

STOTT PILATES COURSES @ Pilatique Pilates Studio SINGAPORE - 2017 (as of 25 April 2017)

* Public Holiday

LEVEL 1	HOURS	INTAKE	TIME
Intensive Mat-Plus (IMP)	40 hours	2017 Jan 2 -5 & 10 - 13 2017 Apr 10 -14 & 17-19 2017 Nov 6 - 10 & 13 - 15	* Jan 2, Mon 10:00am to 3:30pm (0.5hr break) Tues to Fri 1:00pm to 6:30pm (0.5hr break) Mon to Thu 1:00pm to 6:30pm (0.5hr break) * Apr 14, Fri 12:00pm to 5:30pm (0.5hr break) Mon to Fri 1:00pm to 6:30pm (0.5hr break)
Intensive Reformer (IR)	50 hours	2017 Mar 4, 11, 13, 14, 15, 23, 27, 29, Apr 13, 14, 19, 22, 24, 27 & 29 2017 Jul 17 - 21 & 24 - 28 2017 Oct 16 - 20 & 23 - 27	Mar 4, Sat 8:00am to 12:00pm Mar 11, Sat 8:00am to 12:00pm Mar 13, Mon 6:00 to 9:00pm Mar 14, Tue 6:00 to 9:00pm Mar 15, Wed 6:00 to 10:00pm Mar 23, Thu 6:00pm to 10:00pm Mar 27, Mon 6:00 to 10:00pm Mar 29, Wed 6:00 to 9:00pm Apr 13, Thu 6:30 to 9:30pm * Apr 14, Fri 8:00am to 11:00am Apr 19, Wed 6:30 to 9:30pm Apr 22, Sat 8:00am to 11:00am Apr 24, Mon 6:00 to 9:00pm Apr 27, Thu 6:00 to 9:00pm Apr 29, Sat 12:00 to 3:00pm Mon to Fri 1:00pm to 6:30pm (0.5hr break) Mon to Fri 1:00pm to 6:30pm (0.5hr break) * Oct 18, Wed 8:00am to 1:30pm (0.5hr break)
Intensive Cadillac (ICAD)	25 hours	2017 Feb 27 - Mar 3 2017 Aug 21 - 25	Mon to Fri 1:00pm to 6:30pm (0.5hr break) Mon to Fri 1:00pm to 6:30pm (0.5hr break)
Intensive Chair (ICHR)	15 hours	2017 Mar 6 - 8 2017 Aug 28 - 30	Mon to Wed 1:00pm to 6:30pm (0.5hr break) Mon to Wed 1:00pm to 6:30pm (0.5hr break)
Intensive Barrel (IBRL)	10 hours	2017 Mar 9 -10 2017 Aug 31 - Sep 1	Thu to Fri 1:00pm to 6:30pm (0.5hr break) Thu 1:00pm to 6:30pm (0.5hr break) * Sep 1, Fri 8:00am to 1:30pm (0.5hr break)
LEVEL 2			
Injuries and Special Populations (ISP)	24 hours	2017 Mar 24, 25, 31 & Apr 1 2017 Aug 2 - 5 2017 Oct 21, 28, Nov 3 & 17	Fri 12:00pm to 7:00pm (1hr break) Sat 8:00am to 3:00pm (1hr break) Wed to Fri 8:00am to 3:00pm (1hr break) Fri & Sat 8:00am to 3:00pm (1hr break)
Advanced Matwork (AM)	6 hours	2017 Jan 14 2017 Apr 20 2017 Nov 16	Sat 8:00am to 3:00pm (1hr break) Thu 12:00pm to 7:00pm (1hr break) Thu 12:00pm to 7:00pm (1hr break)
Advanced Reformer (AR)	18 hours	2017 Apr 3 - 5 2017 Nov 4, 11 & 12	Mon to Wed 12:00pm to 7:00pm (1hr break) Sat & Sun 8:00am to 3:00pm (1hr break)
Advanced Cadillac (ACAD)	6 hours	2017 May 22 & 23 2017 Sep 11	Mon & Tue 6:00pm to 9:00pm Mon 10:30am to 5:30pm (1hr break)
Advanced Chair (ACHR)	3 hours	2017 May 29 2017 Sep 12	Mon 6:00pm to 9:00pm Tue 10:30am to 1:30pm
Advanced Barrel (ABRL)	3 hours	2017 May 30 2017 Sep 12	Tue 6:00pm to 9:00pm Tue 2:30pm to 5:30pm

STOTT PILATES WORKSHOPS @ Pilatique Pilates Studio SINGAPORE			
Anatomy Review	3 hours	2017 Jan 18 2017 Apr 7 2017 Jul 1 2017 Sep 2 2017 Nov 20	Wed 6:30pm to 9:30pm Fri 6:00pm to 9:00pm Sat 8:30am to 3:30pm (1hr break) Sat 8:30am to 3:30pm (1hr break) Mon 8:30am to 3:30pm (1hr break)
Postural Analysis Review (including 3 hours masterclass)	6 hours	2017 Jan 21 2017 Apr 8 2017 Jul 15 2017 Sep 9 2017 Nov 25	Sat 8:00am to 3:00pm (1hr break) Sat 8:00am to 3:00pm (1hr break) Sat 8:00am to 3:00pm (1hr break) Sat 8:00am to 3:00pm (1hr break) Sat 8:00am to 3:00pm (1hr break)
Functional Anatomy	30 hours	2017 Jan 6, 7, 10, 17, 19, 20, Feb 4 & 25 2017 Apr 10, 11, 17, 18, 21, 22, 25, 26, 28 & 29 2017 Jul 22, 29, Aug 19, Sep 1, 9, Oct 14, 21, 28 & Nov 4	Jan 6, Fri 6:00 to 9:00pm Jan 7, Sat 8:00am to 2:00pm (1hr break) Jan 10, Tue 6:30 to 9:30pm Jan 17, Tue 6:00 to 9:00pm Jan 19, Thu 6:00 to 9:00pm Jan 20, Fri 6:00 to 9:00pm Feb 4, Sat 8:00am to 2:00pm (1hr break) Feb 25, Sat 8:00am to 2:00pm (1hr break) Apr 10, Mon 6:30 to 9:30pm Apr 11, Tue 6:30 to 9:30pm Apr 17, Mon 6:30 to 9:30pm Apr 18, Tue 6:30 to 9:30pm Apr 21, Fri 6:00 to 9:00pm Apr 22, Sat 11:30am to 2:30pm Apr 25, Tue 6:00 to 9:00pm Apr 26, Wed 6:00 to 9:00pm Apr 28, Fri 6:00 to 9:00pm Apr 29, Sat 8:00 to 11:00am Jul 22, Sat 8:30am to 12:30pm Jul 29, Sat 8:30am to 12:30pm Aug 19, Sat 8:30am to 12:30pm * Sep 1, Fri 2:30 to 6:30pm Sep 9, Sat 3:30pm to 7:30pm Oct 14, Sat 8:30am to 12:30pm Oct 21, Sat 3:30 to 5:30pm Oct 28, Sat 3:30pm to 5:30pm Nov 4, Sat 3:30pm to 5:30pm
REHABILITATION PROGRAM			
Rehab Matwork 1: Spinal, Pelvic & Scapular Stabilization	18 hours	2017 Feb 10 to 12 2017 July 21 to 23 2017 Sep 22 to 24	Fri 1:00pm to 8:00pm (1hr break) Sat & Sun 10:00am to 5:00pm (1hr break)
Rehab Matwork 2: Peripheral Joint Stabilization	18 hours	2017 Mar 10 to 12 2017 Jul 28 to 30 2017 Oct 20 to 22	Fri 1:00pm to 8:00pm (1hr break) Sat & Sun 10:00am to 5:00pm (1hr break)
Rehab Reformer 1: Spinal, Pelvic & Scapular Stabilization	18 hours	2017 Feb 17 to 19 2017 May 19 to 21 2017 Sep 29 to Oct 1	Fri 1:00pm to 8:00pm (1hr break) Sat & Sun 10:00am to 5:00pm (1hr break)
Rehab Reformer 2: Peripheral Joint Stabilization	18 hours	2017 Mar 17 to 19 2017 Aug 25 to 27 2017 Oct 13 to 15	Fri 1:00pm to 8:00pm (1hr break) Sat & Sun 10:00am to 5:00pm (1hr break)

EXAMS (EMAIL TO CONFIRM)			
Practical and Written (Non-Rehab)		2017 Feb 27 & 28 (Practical) 2017 Mar 1 (Written)	Mon & Tue 7:30am to 11:30am Wed 8:00am to 11:00am
		2017 Apr 24 to 26 (Practical) 2017 Apr 27 (Written)	Mon to Wed 1:00pm to 5:00pm Thu 2:00pm to 5:00pm
		2017 Jul 24 to 26 (Practical) 2017 Jul 27 (Written)	Mon to Wed 7:30am to 11:30am Thu 8:00am to 11:00am
		2017 Sep 4 & 5 (Practical) 2017 Sep 6 (Written)	Mon & Tue 1:00pm to 5:00pm Wed 2:00pm to 5:00pm
		2017 Nov 13 to 15 (Practical) 2017 Nov 16 (Written)	Mon to Wed 7:30am to 11:30am Thu 8:00am to 11:00am

Why enrolled for STOTT PILATES Courses and Workshops at Pilatque Pilates Studio???

- STOTT PILATES™ Licensed Training Center since 2008 and was presented with "Growth Award" by parent company, MERRITHEW™ in 2016
- Having presence in both countries, Pilatque has trained over 600 STOTT PILATES students from various countries
- STOTT PILATES Lead Instructor Trainer and Presenter Melissa Wong oversees the facilitation of the training courses and workshops. She is also the Education Director and co-founder of Pilatque Pilates Studio with more than 10 full time physiotherapists, rehabilitation and sport science professionals, and 2 STOTT PILATES Instructor Trainers, including a Rehabilitation Instructor Trainer
- 3 months FREE access (by appointment) to our studios in Singapore (1) and Malaysia (3) after last day of any **LEVEL 1** Training Courses to help you fulfill your exam requirement hours. If you need more time, heavily discounted rates for those who register their exams with Pilatque. 10% off private session packages with certified instructors and 25% off group class packages during the same 3 months
- 20% off ToeSox retailed in-store **during** your training course and workshops
- Mentorship and Apprenticeship program also available

