

## STOTT PILATES COURSES @ Pilatique Pilates Studio SINGAPORE - 2017 (as of 8 December 2016)

\* 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)
<b>LEVEL 2</b>			
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 & 18	Mon to Wed   12:00pm to 7:00pm (1hr break)  Sat   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

<b>STOTT PILATES WORKSHOPS @ Pilatique Pilates Studio SINGAPORE</b>			
Anatomy Review	3 hours	2017 Jan 18 2017 Apr 7 2017 Jul 14 2017 Sep 8 2017 Nov 20	Wed   6:30pm to 9:30pm Fri   6:00pm to 9:00pm Fri   6:00pm to 9:00pm Fri   6:00pm to 9:00pm Mon   6:00pm to 9:00pm
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 Sep 4, 5, 6, 11, 12, 13, 25, 26, 28 & 30	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  Sep 4, Mon   6:00 to 9:00pm Sep 5, Tue   6:00 to 9:00pm Sep 6, Wed   6:00 to 9:00pm Sep 11, Mon   6:30 to 9:30pm Sep 12, Tue   6:30 to 9:30pm Sep 13, Wed   6:30 to 9:30pm Sep 25, Mon   6:00 to 9:00pm Sep 26, Tue   6:00 to 9:00pm Sep 28, Thu   6:00 to 9:00pm Sep 30, Sat   8:00 to 11:00am
<b>REHABILITATION PROGRAM</b>			
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<sup>™</sup> Licensed Training Center since 2008 and was presented with "Growth Award" by parent company, MERRITHEW<sup>™</sup> 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

