

STOTT PILATES COURSES @ Pilatique Pilates Studio MALAYSIA - 2019 (as of 7 November 2018)

* Public Holiday

Intensive - LEVEL 1	HOURS	INTAKE	TIME
Intensive Mat-Plus (IMP)	40 hours	2019 Mar 5 to 8, 11 to 14 2019 Nov 12 to 15, 18 to 21	Mon to Fri 10:00am to 4:00pm (1hr break) Mon to Fri 10:00am to 4:00pm (1hr break)
Intensive Reformer (IR)	50 hours	2019 Jan 14 to 19, 22 to 25 2019 Sep 3 to 6, 17 to 19, 23, 27 and 28	Mon to Sat 10:00am to 4:00pm (1hr break) Mon to Sat 10:00am to 4:00pm (1hr break)
Intensive Cadillac (ICAD)	25 hours	2019 Jul 22 to 26	Mon to Fri 10:00am to 4:00pm (1hr break)
Intensive Chair (ICHR)	15 hours	2019 Jul 29 to 31	Mon to Wed 10:00am to 4:00pm (1hr break)
Intensive Barrels (IBRL)	10 hours	2019 Aug 1 to 2	Thu to Fri 10:00am to 4:00pm (1hr break)

Merrithew™ - STOTT PILATES® WORKSHOPS (to facilitate as part of preparation for all Intensive Courses at Pilatique)			
Anatomy Review	6 hours	2019 Jan 4 2019 Feb 22 2019 Aug 23 2019 Nov 8	Fri 10:00am to 5:00pm (1hr break) Fri 10:00am to 5:00pm (1hr break) Fri 10:00am to 5:00pm (1hr break) Fri 10:00am to 5:00pm (1hr break)
Postural Analysis Review (including 3 hours masterclass)	5 hours	2019 Jan 5 2019 Feb 23 2019 Aug 24 2019 Nov 11	Sat 10:00am to 4:00pm (1hr break) Sat 10:00am to 4:00pm (1hr break) Sat 10:00am to 4:00pm (1hr break) Mon 10:00am to 4:00pm (1hr break)

REHABILITATION PROGRAM (for licensed health care professionals)			
Rehab Matwork 1: Spinal, Pelvic & Scapular Stabilization	18 hours	2019 Sep 20 to 22	Fri 10:00am to 5:00pm (1hr break) Sat & Sun 8:00am to 3:00pm (1hr break)
Rehab Matwork 2: Peripheral Joint Stabilization	18 hours	2019 Nov 15 to 17	Fri 10:00am to 5:00pm (1hr break) Sat & Sun 8:00am to 3:00pm (1hr break)
Rehab Reformer 1: Spinal, Pelvic & Scapular Stabilization	18 hours	2019 Oct 18 to 20	Fri 10:00am to 5:00pm (1hr break) Sat & Sun 8:00am to 3:00pm (1hr break)
Rehab Reformer 2: Peripheral Joint Stabilization	18 hours	2019 Dec 6 to 8	Fri 10:00am to 5:00pm (1hr break) Sat & Sun 8:00am to 3:00pm (1hr break)

IMPORTANT: Every participant is required to have full attendance to receive Letter of Completion from Merrithew™. Every absented hour is required to be made up through additional private session with an Instructor Trainer. First five absented hours to be made-up through 2:1 ratio, when exceeded five hours, it will be through 1:1 ratio. E.g. 3hrs absence to be made up with 1.5hrs private made-up hours, 6hrs absence to be made up with 6hrs private made-up hours.

EXAMS (EMAIL TO CONFIRM)			
Practical and Written (Non-Rehab)		2019 Jan 22, 23 (Practical) 2019 Jan 24 (Written)	Tue, Wed 4:00pm to 6:00pm Thu 9:45am to 12:45pm
		2019 Mar 12, 13 (Practical) 2019 Mar 14 (Written)	Tue, Wed 4:00pm to 6:00pm Thu 9:45am to 12:45pm
		2019 Jul 23, 24 (Practical) 2019 Jul 25 (Written)	Tue, Wed 4:00pm to 6:00pm Thu 9:45am to 12:45pm
		2019 Sep 17, 18 (Practical) 2019 Sep 19 (Written)	Tue, Wed 4:00pm to 6:00pm Thu 9:45am to 12:45pm
		2019 Nov 19, 20 (Practical) 2019 Nov 21 (Written)	Tue, Wed 4:00pm to 6:00pm Thu 9:45am to 12:45pm

Note: We are open to ad-hoc exam arrangement (outside this fixed schedule) based on examiner's availability at 25% premium.

Why enroll for STOTT PILATES Courses and Workshops at Pilatique 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, Pilatique has trained over 650 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, Training & Development Director and co-founder of Pilatique Pilates Studio with more than 10 full time physiotherapists, rehabilitation and fitness professionals, and a Rehabilitation Program Instructor Trainer
- 3months FREE access (by appointment) to our studios in Singapore (1 studio) and Malaysia (2 studios) after last day of any Intensive **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 Pilatique. 10% off private session packages with certified instructors and 25% off group class packages during the same 3 months
- Mentorship Program Packages by Lead Instructor Trainer / Instructor Trainer are available

