

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

* Public Holiday

LEVEL 1	HOURS	INTAKE	TIME
Intensive Mat-Plus (IMP)	40 hours	2017 Feb 14 -18, 20 - 22 2017 Jul 17 - 21, 24 - 26 2017 Sep 29 - Oct 1, Oct 6 - 8, Oct 14 - 15	Tues to Fri 9:30am to 3:30pm (1hr break) Sat 8:30am to 2:30pm (1hr break) Mon to Fri 9:30am to 3:30pm (1hr break) Fri 9:30am to 3:30pm (1hr break) Sat & Sun 8:30am to 2:30pm (1hr break)
Intensive Reformer (IR)	50 hours	2017 May 8 - 12, 15 - 19 2017 Aug 14 - 18, 21 - 25	Mon to Fri 9:30am to 3:30pm (1hr break) * May 10, Wed 8:30am to 2:30pm (1hr break) Mon to Fri 9:30am to 3:30pm (1hr break)
LEVEL 2			
Advanced Matwork (AM)	6 hours	2017 Nov 11	Sat 8:00am to 3:00pm (1hr break)
STOTT PILATES WORKSHOPS			
Anatomy Review	3 hours	2017 Feb 3 2017 May 5 2017 Jul 14 2017 Sep 8 2017 Nov 17	Fri 9:30am to 12:30pm Fri 9:30am to 12:30pm Fri 9:30am to 12:30pm Fri 6:00pm to 9:00pm Fri 9:30am to 12:30pm
Postural Analysis Review (including 3 hours masterclass)	6 hours	2017 Feb 4 2017 May 6 2017 Jul 15 2017 Sep 9 2017 Nov 18	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)
REHABILITATION PROGRAM			
Rehab Matwork 1: Spinal, Pelvic & Scapular Stabilization	18 hours	2017 Feb 24 - 26 2017 Nov 3 - 5	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 24 - 26 2017 Dec 1 - 3	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 May 26 - 28	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 Jun 30 - Jul 2	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 May 8, 9, 11 (Practical) 2017 May 12 (Written) 2017 Aug 21 - 22 (Practical) 2017 Aug 23 (Written) 2017 Nov 13 - 15 (Practical) 2017 Nov 16 (Written)	Mon, Tue, Thu 3:45pm to 8:45pm Fri 9:15am to 12:15pm Mon & Tue 3:45pm to 8:45pm Wed 9:15am to 12:15pm Mon - Wed 7:30am to 12:30pm Thu 9:00am to 12:00pm

Why enrolled 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 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 Pilatique 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 Pilatique. 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

