

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

\* Public Holiday

LEVEL 1	HOURS	INTAKE	TIME
Intensive Mat-Plus (IMP)	40 hours	2017 Feb 14 -18, 20 - 22  2017 Jul 4 - 8, 10 - 12  2017 Oct 2 - 6, Oct 8 - 10	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) Sat   8:30am to 2:30pm (1hr break)  Mon to Fri   2:30pm to 8:30pm (1hr break) Sun   8:30am to 2:30pm (1hr break) Mon to Tue   2:30pm to 8:30pm (1hr break)
Intensive Reformer (IR)	50 hours	2017 May 8 - 12, 15 - 19  2017 Aug 7 - 11, 14 - 18	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 Oct 11	Wed   1:30pm to 8:30pm (1hr break)
STOTT PILATES WORKSHOPS			
Anatomy Review	3 hours	2017 Feb 3  2017 May 5	Fri   9:30am to 12:30pm  Fri   9:30am to 4:30pm (1hr break)
	6 hours	2017 Jun 16  2017 Sep 8  2017 Nov 17	Fri   9:30am to 4:30pm (1hr break)  Fri   2:00pm to 9:00pm (1hr break)  Fri   9:30am to 4:30pm(1hr break)
	6 hours	2017 Feb 4  2017 May 6  2017 Jul 3  2017 Sep 9  2017 Nov 18	Sat   8:00am to 3:00pm (1hr break)  Sat   8:00am to 3:00pm (1hr break)  Mon   9:30am to 4:30pm (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)	Mon, Tue, Thu   3:45pm to 8:45pm Fri   9:15am to 12:15pm
		2017 Aug 14 - 15 (Practical) 2017 Aug 16 (Written)	Mon & Tue   3:45pm to 8:45pm Wed   9:15am to 12:15pm
		2017 Oct 2 - 4 (Practical) 2017 Oct 5 (Written)	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<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, 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

