

STOTT PILATES COURSES @ Pilatique Pilates Studio MALAYSIA - 2018 (as of 23 October 2017)

* Public Holiday

LEVEL 1	HOURS	INTAKE	TIME
Intensive Mat-Plus (IMP)	40 hours	2018 Jan 22 to 27, 29 to 30 2018 Oct 8 to 13, 15 to 16	Mon 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)
Intensive Reformer (IR)	50 hours	2018 Apr 2 to 6, 9 to 13 2018 Nov 7 to 11, 13 to 17	Mon to Fri 9:30am to 3:30pm (1hr break) Mon to Fri 9:30am to 3:30pm (1hr break) Sat and Sun 8:30am to 2:30pm (1hr break)
LEVEL 2			
Advanced Matwork (AM)	6 hours	2018 Oct 17	Wed 9:30am to 4:30pm (1hr break)
STOTT PILATES WORKSHOPS			
Anatomy Review	6 hours	2018 Jan 19 2018 Mar 30 2018 Oct 5 2018 Nov 2	Fri 9:30am to 4:30pm (1hr break) Fri 9:30am to 4:30pm (1hr break) Fri 9:30am to 4:30pm (1hr break) Fri 9:30am to 4:30pm (1hr break)
Postural Analysis Review (including 3 hours masterclass)	5 hours	2018 Jan 20 2018 Mar 31 2018 Oct 6 2018 Nov 3	Sat 8:00am to 2:00pm (1hr break) Sat 8:00am to 2:00pm (1hr break) Sat 8:00am to 2:00pm (1hr break) Sat 8:00am to 2:00pm (1hr break)
REHABILITATION PROGRAM			
Rehab Matwork 1: Spinal, Pelvic & Scapular Stabilization	18 hours	2018 Mar 23 to 25 2018 Oct 12 to 14	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	2018 Nov 23 to 25	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	2018 Jul 6 to 8	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 Dec 7 to 9	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)		2018 Jan 23, 24 (Practical) 2018 Jan 25 (Written) 2018 Apr 10, 11 (Practical) 2018 Apr 12 (Written) 2018 Oct 15, 16 (Practical) 2018 Oct 17 (Written) 2018 Nov 13, 14 (Practical) 2018 Nov 15 (Written)	Tue, Wed 3:45pm to 8:45pm Thu 9:15am to 12:15pm Tue, Wed 3:45pm to 8:45pm Thu 9:15am to 12:15pm Mon, Tue 3:45pm to 8:45pm Wed 9:15am to 12:15pm Tue, Wed 3:45pm to 8:45pm Thu 9:15am to 12:15pm

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 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 fitness professionals, and a Rehabilitation Program Instructor Trainer
- 3 months FREE access (by appointment) to our studios in Singapore (1 studio) and Malaysia (2 studios) 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
- Mentorship and Apprenticeship program are available

