



TIMETABLE OF MODULES 2009

| Module | Code | Duration | Day(s) | Dates | Times | Location |
|--------------------------------------|------|----------|-----------|---------------------|----------------|----------|
| Foundations of Anatomy | FAO | 2 days | Sat-Sun | 31st Jan-1st Feb 09 | 09.00am-5.00pm | Newbury |
| Analysis of Human Movement | AHM | 1 day | Sun | 22nd Feb 09 | 09.00am-5.00pm | Newbury |
| Essential Anatomy | EA | 2 days | Sat-Sun | 14th-15th Mar 09 | 09.00am-5.00pm | Newbury |
| Advanced Resistance Training | AR | 1 day | Fri- Sun | 20th-22nd Mar 09 | 10.00am-6.00pm | London |
| Essential Nutrition | EN | 2 days | Sat-Sun | 4th-5th April 09 | 10.00am-6.00pm | London |
| Fat Loss | FL | 2 days | Wed-Thurs | 22nd -23rd April 09 | 10.00am-6.00pm | London |
| Foundations of Anatomy | FAO | 2 days | Sat-Sun | 25th-26th April 09 | 09.00am-5.00pm | Newbury |
| Analysis of Human Movement | AHM | 1 day | Sat | 9th May 09 | 09.00am-5.00pm | Newbury |
| Advanced Cardiovascular Conditioning | ACV | 3 days | Sun-Tues | 10th-12th May 09 | 10.00am-6.00pm | London |
| The Science of Torso Training part 1 | TTX | 2 days | Tues-Wed | 26th-27th May 09 | 10.00am-6.00pm | London |
| Postural Assessment and Correction | PAC | 1 day | Sat | 30th May 08 | 09.00am-5.00pm | Oxford |
| Essential Anatomy | EA | 2 days | Sat-Sun | 6th-7th June 09 | 09.00am-5.00pm | Newbury |
| The Science of Torso Training part 1 | TTX | 2 days | Sat-Sun | 4th-5th July 09 | 09.00am-5.00pm | Oxford |
| Flexibility | FLEX | 2 days | Sat-Sun | 11th-12th July 09 | 10.00am-6.00pm | London |
| Postural Assessment and Correction | PAC | 1 day | Sun | 2nd Aug 09 | 10.00am-6.00pm | London |

Please Note: The locations of Intelligent Fitness modules do not take place within our pilates studios in Oxford and London. The town stated relates to the location in the UK, but the venue will differ from our pilates studios. The venues will be confirmed at the time of booking.