

TIMETABLE OF COURSES 2010

Course	Code	Duration	Days	Dates	Times	Location
Intensive Mat-Plus	IMP2010.2LY	4 Weekends	Fri-Sun	7th-9th May	10.30am-4.30pm	London
			Fri-Sun	21st-23rd May	10.30am-4.30pm	
			Sat-Sun	4th-5th June	10.30am-4.30pm	
Intensive Mat-Plus	IMP2010.3XE	3 Weekends	Fri-Sun	21st-23rd May	9.00am-3.00pm	Oxford
			Fri-Sun	18th-20th June	9.00am-3.00pm	
			Fri-Sun	17th-18th July	9.00am-3.00pm	
Intensive Reformer	IR2010.1SO	4 Weekends	Fri	21st May	12.30pm-6.30pm	S'hampton
			Sat	22nd May	10.30am-4.30pm	
			Sun	23rd May	9.00am-3.00pm	
			Fri	11th June	12.30pm-6.30pm	
			Sat	12th June	10.30am-4.30pm	
			Sun	13th June	9.00am-3.00pm	
			Fri	25th June	12.30pm-6.30pm	
			Sat	26th June	10.30am-4.30pm	
			Fri	2nd July	12.30pm-6.30pm	
Sat	3rd July	10.30am-4.30pm				
Intensive Mat-Plus	IMP2010.4X	2 Days	Mon-Thurs	24th-27th May	10.30am-4.30pm	Oxford
			Tues-Fri	1st-4th June	10.30am-4.30pm	Oxford
Postural Analysis Review	PAR2010.2LY	1 Day	Fri	28th May	9.15am-1.15pm	London
Exam Preparation - Matwork	EPM2010.2LY	1 Day	Fri	28th May	2.15pm-4.15pm	London
Advanced Matwork	AM2010.2LY	1 Day	Fri	11th June	10.00am-5.00pm	London
Ath. Conditioning on Stability Cushion	ACSC.1X	2 Hours	Sat	12th June	9.30am-11.30am	Oxford
Pilates on the Green (L1)	POTG.1X	2 Hours	Sat	12th June	12.30pm-2.30pm	Oxford
Muscular Strength For Teens	MSET.1X	2 Hours	Sat	12th June	3.00pm-5.00pm	Oxford
Mini Stability Ball Workout	MSBW.1X	2 Hours	Sun	13th June	9.30am-11.30am	Oxford
Stability Ball Challenge (L5)	SBC5.1X	2 Hours	Sun	13th June	12.30pm-2.30pm	Oxford
Foam Roller (L1)	FRL1.1X	2 Hours	Sun	13th June	3.00pm - 5.00pm	Oxford
Intensive Mat-Plus	IMP2010.4LY	2 Weeks	Tues-Fri	15th-18th June	10.30am-4.30pm	London
			Mon-Thurs	21st-24th June	10.30am-4.30pm	
Arc Barrel	AB2010.1LY	2 Hours	Fri	25th June	9.15am-11.15am	London
Secret to Toned Arms, Buns & Thighs	ST2010.1LY	2 Hours	Fri	25th June	11.15am-1.15am	London

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†C,C,& B = Cadillac Chair & Barrels

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Pilates with Props Level 1	PP2010.1LY	2 Hours	Fri	25th June	2.15pm-4.15pm	London
Intensive Reformer	IR2010.2LY	2 Weeks	Mon-Fri	28th June-2nd July	10.30am-4.30pm	London
			Mon-Fri	5th-9th July	10.30am-4.30pm	
Pilates on the Green L2	PGM2010.1LY	2 Hours	Fri	16th July	9.00am-11.00am	London
Reformer for Men	RFM2010.1LY	2 Hours	Fri	16th July	11.15am-1.15pm	London
Pilates for Men	PFM2010.1LY	2 Hours	Fri	16th July	2.30pm-4.30pm	London
Crossover from IMP to Group Training	XMG2010.1LY	6 Hours	Sat	17th July	10.30am-5.30pm	London
Muscular Strength & Endurance for Teens	MST2010.1LY	2 Hours	Sun	18th July	10.30am-12.30pm	London
Pre Natal on Reformer	PNR2010.1LY	2 Hours	Sun	18th July	1.15pm-3.15pm	London
Post Natal Pilates	PNP2010.1LY	2 Hours	Sun	18th July	3.45pm-5.45pm	London
Intensive Mat-Plus	IMP2010.5LY	3 Weekends	Fri-Sun	23rd-25th July	10.30am-4.30pm	London
			Fri-Sun	30th July-1st Aug	10.30am-4.30pm	
			Sat-Sun	14th-15th Aug	10.30am-4.30pm	
Intensive Mat-Plus	IMP2010.1E	8 Days	Mon-Fri	26th-30th July	9.00am-3.00pm	Edinburgh
			Mon-Wed	2nd-4th August	9.00am-3.00pm	
Advanced Reformer	AR 2010.1LY	3 Days	Wed-Fri	11th-13th Aug	10.30am-5.30pm	London
Intensive Reformer	IR2010.1X	4 Weekends	Fri-Sun	13th-15th Aug	9.00am-3.00pm	Oxford
			Fri-Sun	10th-12th Sept	9.00am-3.00pm	
			Fri-Sat	8th-9th Oct	9.00am-3.00pm	
			Fri-Sat	29th-30th Oct	9.00am-3.00pm	
Intensive Mat-Plus	IMP2010.6LY	2 Weeks	Tues-Fri	17th-20th Aug	10.30am-4.30pm	London
			Mon-Thurs	23rd-26th Aug	10.30am-4.30pm	
Intensive Reformer	IR2010.3LY	4 Weekends	Fri-Sun	10th-12th Sept	10.30am-4.30pm	London
			Sat-Sun	25th-26th Sept	10.30am-4.30pm	
			Fri-Sun	8th-10th Oct	10.30am-4.30pm	
			Sat-Sun	23rd-24th Oct	10.30am-4.30pm	
Intensive Mat-Plus	IMP2010.5XE	3 Weekends	Fri-Sun	10th-12th Sept	10.00am-4.00pm	Oxford
			Fri-Sun	8th-10th Oct	10.00am-4.00pm	
			Sat-Sun	6th-7th Nov	10.00am-4.00pm	
Intensive Mat-Plus	IMP2010.7LY	2 Weeks	Mon-Thurs	20th-23rd Sept	10.30am-4.30pm	London
			Mon-Thurs	27th-30th Sept	10.30am -4.30pm	
Intensive Cadillac	ICA2010.1X	1 Week	Mon-Fri	18th-22nd Oct	9.00am-3.00pm	Oxford
Intensive Barrels	IBA2010.1X	2 Days	Fri-Sat	12th-13th Nov	9.00am - 3.00pm	Oxford
Intensive Chair	ICH2010.1X	3 Days	Fri-Sun	26th-28th Nov	9.00am - 3.00pm	Oxford

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** This is a hosted course at the following address: Boomerang Pilates, David Lloyd Club, 116 Cromwell Rd, London, SW7 4XR. To book onto this course please call Amanda Kitchen on 07710376785 or email at: amandakitchen6@googlemail.com