



TIMETABLE OF MODULES 2010

Module	Code	Duration	Day(s)	Dates	Times	Location
Postural Assessment and Correction	--	2 days	Sat-Sun	27th-28th Feb	09.00-17.00	Oxford
Analysis of Human Movement	--	1 day	Sun	21st March	09.00-17.00	Oxford
Flexibility: The Art and Science of Stretching	--	2 days	Sat-Sun	10th-11th April	09.00-17.00	London
Essential Anatomy	--	2 days	Sat-Sun	17th-18th April	09.00-17.00	Oxford
Postural Assessment and Correction	--	2 days	Thurs-Fri	29th-30th April	09.00-17.00	Oxford
Essential Nutrition	--	2 days	Sat-Sun	8th-9th May	09.00-17.00	London
Advanced Cardiovascular Conditioning	--	3 days	Fri-Sun	14th-16th May	09.00-17.00	London
Foundations of Anatomy	--	2 Days	Sat-Sun	22nd-23rd May	09.00-17.00	Oxford
Postural Assessment and Correction	--	2 days	Sat-Sun	12th-13th June	09.00-17.00	London
Postural Assessment and Correction	--	2 days	Wed-Thur	16th-17th June	09.00-17.00	Manchester
Analysis of Human Movement	--	1 Day	Sun	20th June	09.00-17.00	Oxford
Flexibility: The Art and Science of Stretching	--	2 Days	Mon-Tue	21st-22nd June	09.00-17.00	Oxford
Advanced Resistance Training	--	3 Days	Fri-Sat	25th-27th June	09.00-17.00	London
The Science of Torso Training	--	2 Days	Sat-Sun	10th-11th July	09.00-17.00	London
Essential Anatomy	--	2 Days	Sat-Sun	17th-18th July	09.00-17.00	Oxford
Essential Nutrition	--	2 Days	Sat-Sun	24th-25th May	09.00-17.00	Oxford
Foundations of Anatomy	--	2 Days	Sat-Sun	21st-22nd Aug	09.00-17.00	Oxford
Analysis of Human Movement	--	1 Day	Sun	19th Sept	09.00-17.00	Oxford
Essential Anatomy	--	2 Days	Sat-Sun	16th-17th Sept	09.00-17.00	Oxford

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.