



PROGRESSIVE Pilates Academy @ BODYFIRM

Studio 14 – Level 1, Park Shopping Centre, Prussia Street, Dublin 7. 01 868 4600

Training@bodyfirmpilates.com - www.bodyfirmpilates.com

PROGRESSIVE Pilates Academy Level 2 – PP2-PILATES MAT TRAINING III

PP2- PILATES ADVANCED MAT TRAINING: Pilates Mat Advanced exercises taking the challenge to the next level- further moves – with progressions and modifications to enhance the PP 1 level for group instruction and multi-level class instruction.

Accredited Course No C607 –Complementary Therapsits Association (CThA)

**PROGRESSIVE
PILATES
ACADEMY
01 8684600**

**2009 PP2
Schedule**



Course No C607

Month	Course	Commencing	Time	Cost
March 2009	Advanced Mat Certification	Sunday 8 th Exam by Appointment	9am-5pm	Course €325 Exam fee included
October 2009	Advanced Mat Certification	Sunday 11 th Exam by Appointment	9am-5pm	Course €325 Exam fee included