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2010 YEAR PLANNER – 2nd Half

DATE	COURSE	AREA
22 July – 12 August	Exercise Science Course	Johannesburg
23 August – 2 September	Aerobics Instructors Course Phase 1(evening lectures)	Johannesburg
6 September – 18 September	Personal Fitness Trainer Compact Course (day lectures)	Johannesburg
6- 22 September	Pilates Mat Instructor Course	Johannesburg
11, 12 September	Kettlebell Instructor level one	Johannesburg
2- 23 October	Sports massage	Johannesburg
7 October – 16 October	*Sports Conditioning Course*	Johannesburg
23 October	Pilates Ball course	Johannesburg
29-30 Oct	Step Instructors Course- Aerobics Phase 2	Johannesburg
26, 27 November	Kick ‘n Jab	Johannesburg
4, 5 December	Life Skills Body Conditioning- Aerobics Instructor Phase 3	Johannesburg

Please remember to keep us updated with your contact details especially changes to your e-mail and postal addresses.

Regards
The Team