

Optional Training day dates:

You are not required to attend any training days for your course, these are optional as you may wish to do the work shadowing option in a local gym of your choice where you will observe a qualified instructor. If you wish to attend the training day option then you may choose up to 2 of the below dates to complete your course. You are not required to book any dates or decide how to complete the practicum component upon enrolment, you can decide later on in the course if you wish.

London – Nuffield Health, City

- | | |
|------------|----------|
| • 27 March | • 21 Aug |
| • 24 April | • 25 Sep |
| • 8 May | • 30 Oct |
| • 19 June | • 13 Nov |
| • 17 July | • 18 Dec |

Rugby (Midlands) – LA Fitness

- | | |
|------------|----------|
| • 27 March | • 14 Aug |
| • 24 April | • 25 Sep |
| • 22 May | • 23 Oct |
| • 19 June | • 27 Nov |
| • 24 July | • 18 Dec |

Manchester – LA Fitness (Sale)

- | | |
|------------|----------|
| • 27 March | • 14 Aug |
| • 24 April | • 25 Sep |
| • 22 May | • 23 Oct |
| • 26 June | • 27 Nov |
| • 24 July | • 18 Dec |

Ipswich – Next Generation/David Lloyd

- 17 April
- 12 June
- 21 Aug
- 16 Oct
- 11 Dec

Glasgow – Next Generation/David Lloyd

- 6th March 2010
- 8 May
- 4 Sep
- 6 Nov

Bristol – Esporta

- 13th March 2010
- 8 May
- 11 Sep
- 13 Nov

Newcastle – TBC

Assessment dates:

For all courses except Level 3 Health, Fitness and Lifestyle Analysis module, Aqua and Children's courses. Group Indoor Cycling and Circuit courses are subject to availability.

London – Nuffield Health, City

- 6th March
- 20th March
- 17 April
- 15 May
- 12 June
- 24 July
- 14 Aug
- 4 Sep
- 18 Sep
- 2 Oct
- 16 Oct
- 6 Nov
- 27 Nov

Rugby – LA Fitness

- 13 March
- 10 April
- 8 May
- 5 June
- 10 July
- 7 Aug
- 11 Sep
- 9 Oct
- 13 Nov
- 4 Dec

Manchester – LA Fitness (Sale)

- 13 March
- 10 April
- 8 May
- 5 June
- 10 July
- 7 Aug
- 11 Sep
- 9 Oct
- 13 Nov
- 4 Dec

Ipswich – Next Generation/David Lloyd

- 20th March
- 15 May
- 17 July
- 18 Sep
- 20 Nov

Glasgow – Next Generation/David Lloyd

- 20 March
- 10 April
- 15 May
- 12 June
- 10 July
- 21 Aug
- 18 Sep
- 9 Oct
- 13 Nov
- 11 Dec

Bristol – Esporta

- 17 April
- 12 June
- 21 August
- 23 Oct
- 11 Dec

Newcastle – Wentworth leisure

- 26 Sep
- 7 Nov

Level 3 Client Lifestyle Analysis Assessment dates:

(Second unit of Personal Training course)

London – Nuffield Health, City

- 13th March
- 10th April
- 5th June
- 3 July
- 31 July
- 11 Sep
- 9 Oct
- 11 Dec

Manchester – LA Fitness (Sale)

- 6th March
- 15 May

Aqua Instructor – Optional Training day

London – Nuffield Health Club, City

- 25 Sep

Children’s courses - Optional Training day dates:

London – Nuffield Health, City

- 22 May
- 7 Aug
- 20 Nov

Level 3 Mat Pilates – Mandatory training dates

London – Nuffield Health Club, City

	Stage 1	Stage 2	Assessment
Option 1	27 - 28th March	10 - 11th April	List on page 2
Option 2	10 - 11th July	21 - 22nd August	List on page 2
Option 3	16 - 17th October	30 - 31st October	List on page 2