



FIE COURSE TRAINING AND ASSESSMENT DATES

DISTANCE STUDY COURSES

Assessment dates:

For all distance study courses except Level 3 Client Health, Fitness and Lifestyle Analysis module (2nd unit of personal training course), Aqua and Children's courses. Group Indoor Cycling and Circuit courses are subject to availability. Contact us to find out how many days you need to attend for the course you are interested in.

Central London – Nuffield Health, EC4 8RN

- | | |
|-----------|----------|
| • 24 July | • 2 Oct |
| • 14 Aug | • 16 Oct |
| • 4 Sep | • 6 Nov |
| • 18 Sep | • 27 Nov |

West London – LA Fitness, Northolt, UB5 6AG

- 10 July
- 7 Aug

Birmingham – Bannatynes (Brindley Place)

- | | |
|-----------|----------|
| • 24 July | • 27 Nov |
| • 25 Sep | • 18 Dec |
| • 30 Oct | |

Rugby (Midlands) – LA Fitness

- | | |
|-----------|----------|
| • 10 July | • 9 Oct |
| • 7 Aug | • 13 Nov |
| • 11 Sep | • 4 Dec |

Manchester – LA Fitness (Sale)

- | | |
|-----------|----------|
| • 10 July | • 9 Oct |
| • 7 Aug | • 13 Nov |
| • 11 Sep | • 4 Dec |

Glasgow – Next Generation/David Lloyd

- | | |
|-----------|----------|
| • 10 July | • 9 Oct |
| • 21 Aug | • 13 Nov |
| • 18 Sep | • 11 Dec |

Bristol – Esporta

- 21 August
- 23 Oct
- 11 Dec

Ipswich – Next Generation/David Lloyd

- 17 July
- 18 Sep
- 20 Nov

Newcastle – Wentworth leisure

- 7 Nov

DISTANCE STUDY COURSES

Optional Training day dates* (distance study):

* Training days are only available for selected courses, check with us if you are not sure

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

- 17 July
- 21 Aug
- 25 Sep
- 30 Oct
- 13 Nov
- 18 Dec

Rugby (Midlands) – LA Fitness

- 24 July
- 14 Aug
- 25 Sep
- 23 Oct
- 27 Nov
- 18 Dec

Birmingham – Bannatynes (Brindley Place)

- 10 July
- 7 Aug
- 11 Sep
- 9 Oct
- 13 Nov

Manchester – LA Fitness (Sale)

- 24 July
- 14 Aug
- 25 Sep
- 23 Oct
- 27 Nov
- 18 Dec

Ipswich – Next Generation/David Lloyd

- 21 Aug
- 16 Oct
- 11 Dec

Glasgow – Next Generation/David Lloyd

- 4 Sep
- 6 Nov

Bristol – Esporta

- 11 Sep
- 13 Nov

Newcastle – TBC

CLASSROOM AND INTENSIVE COURSES

We advise that you book onto any of the below courses at least 4 weeks before the start date.

Level 2 Gym Instructor				
Study method	Venue	Start dates	Attendance	
Classroom (Saturdays)	London New Barnet (EN48RN)	<ul style="list-style-type: none"> • 16 Oct 2010 • 19 March 2011 	6 Saturdays	
Intensive (Monday to Friday)	London Northolt (UB5 6AG)	<ul style="list-style-type: none"> • 26 July 2010 • 13 Sep 2010 • 1 Nov 2010 	7 days	
Intensive (Monday to Friday)	Manchester	<ul style="list-style-type: none"> • 13 Sep 2010 • 1 Nov 2010 	7 days	
Intensive (Monday to Friday)	Birmingham	<ul style="list-style-type: none"> • 13 Sep 2010 • 1 Nov 2010 	7 days	
Level 2 Exercise to Music Instructor				
Study method	Course option	Venue	Start dates	Attendance
Classroom (Saturdays)	Certificate or Diploma	London New Barnet (EN4 8RN)	<ul style="list-style-type: none"> • 16 Oct 2010 • 19 March 2011 	6 Saturdays
Level 3 Personal Training (including Level 2 Gym)				
Study method	Venue	Start dates	Duration/ Attendance	
Classroom (Saturdays)	London New Barnet (EN48RN)	<ul style="list-style-type: none"> • 16 Oct 2010 • 19 March 2011 	14 Saturdays (Certificate) 18 Saturday (Diploma)	
Classroom (Saturdays)	Manchester (Cheshire) Moorside Grange Hotel	<ul style="list-style-type: none"> • 16 Oct 2010 • 19 March 2011 	14 Saturdays (Certificate) 18 Saturday (Diploma)	
Intensive (Monday to Friday)	London Northolt (UB5 6AG)	<ul style="list-style-type: none"> • 26 July 2010 • 13 Sep 2010 • 1 Nov 2010 	4 weeks (Certificate) 6 weeks (Diploma)	
Intensive (Monday to Friday)	Manchester	<ul style="list-style-type: none"> • 13 Sep 2010 • 1 Nov 2010 	4 weeks (Certificate) 6 weeks (Diploma)	
Intensive (Monday to Friday)	Birmingham	<ul style="list-style-type: none"> • 13 Sep 2010 • 1 Nov 2010 	4 weeks (Certificate) 6 weeks (Diploma)	
Level 3 Mat Pilates				
(Please note you should allow enough time to get through some of the pre course material).				
Study method	Venue	Training dates (select one option)	Attendance	
Classroom (Saturdays)	London Nuffield Health Club (EC4R 3XJ)	<ul style="list-style-type: none"> • 10-11 July & 21-22 August • 16-17 Oct & 30-31 Oct 	2 training weekends (Sat and Sunday) and assessment day	

OTHER COURSES

*** Level 3 Client Lifestyle Analysis Assessment dates (distance study):** (Second unit of Personal Training course)

London – Nuffield Health, EC4

- 3 July
- 31 July
- 11 Sep
- 9 Oct
- 11 Dec

Manchester – LA Fitness (Sale)

- 21st Aug
- 6th Nov

*** Level 5 Life coaching Training day (mandatory):**

London – Nuffield Health, EC4

- 7th Aug
- 4th Dec

*** Level 2 Aqua Instructor – Optional Training day**

London – Nuffield Health Club, EC4

- 25 Sep

*** Children's courses - Optional Training day dates:**

London

- 24th July (LA Fitness, Northolt, UB5 6AG)
- 7 Aug (Nuffield Health Club, EC4 8RN)
- 20 Nov (Nuffield Health Club, EC4 8RN)

*** Kettlebell training dates:**

- 31st July – Belfast
- 14th August – London
- 28th August – Manchester