

The STOTT PILATES Course Schedule 2026





Intensive Mat Course (0.40 cec's)

8 Day Course | 11am - 4pm Daily | Locations + Dates Below

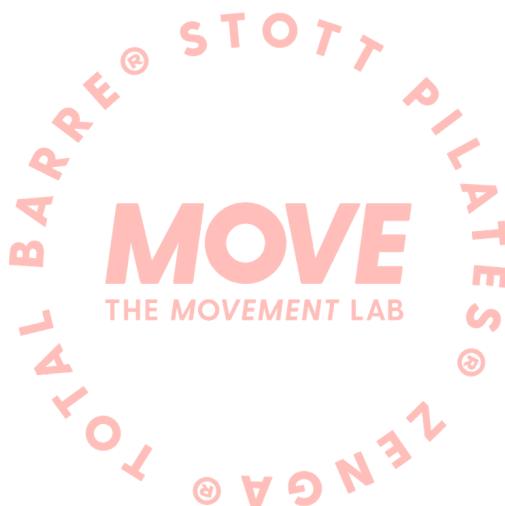
Course Cost: R27 090 | Materials: R4 550 (2 manuals & digital DVD's)

AUGUST

- **Sea Point Studio**
 - Tues 18th - Fri 21th August
 - Sat & Sun | Days Off
 - Mon 24th - Thurs 27th August

NOVEMBER

- **Sea Point Studio**
 - Wed 18th - Sat 21st November
 - Sun | Day Off
 - Mon 23rd - Thurs 26th November



Intensive Reformer Course (0.50 cec's)

10 Day Course | 11am - 4pm | Locations + Dates Below

Course Cost: R30 150

Materials R5 450 (Essential & Intermediate Reformer manuals & Digital DVD's)

If you have not done the mat course, then an additional R800 for the mat / reformer support manual.

JUNE

Sea Point Studio

- Mon 15th - Fri 19th June
- Sat & Sun | Days Off
- Mon 22nd - Fri 26th June

OCTOBER

Sea Point Studio

- Tue 20th - Sat 24th October
- Sun | Day Off
- Mon 26th - Fri 30th October

DECEMBER

Claremont Studio

- Wed 2nd - Sun 6th December
- Mon | Day Off
- Tue 8th - Sat 12th December

Advanced Reformer Course (0.18 cec's)

3 Day Course | 11am - 4pm | Location + Dates Below

Course Cost: R12 225 | Manual Cost: R2 200

JUNE

Sea Point Studio

- Sat 27th - Mon 29th June

Injuries & Special Populations Course (0.24 cec's)

4 Day Course | 11am - 5pm | Location + Dates Below

Course Cost: R27 090 | Manual Cost: R2 450

— SEPTEMBER —



Sea Point Studio

- Wed 16th - Sat 19th September

Total Barre Course (0.6 cec's)

1 Day Course | 12pm - 6pm | Location + Date Below

Course Cost: R6 750 | Manual & Digital DVD: R2 750

— JULY —



Sea Point Studio

- Sat 11th July

— DECEMBER —



Claremont Studio

- Sun 13th December

The ZENGA Foundation Course (0.6 cec's)

1 Day Course | 11am - 4pm | Location + Date Below

Course Cost: R6 750 | Manual: R800

— NOVEMBER —



Sea Point Studio

- Sat 28th November



ONLINE

Intensive Mat Course (0.40 cec's)

10 Day Course | 11am to 3:30pm | Dates Below

Course Cost: R27 090 | Materials: R4 550 (2 manuals & digital DVD's)

JULY

Hosted Online via Zoom

- Mon 20th - Fri 24th July
- Sat & Sun | Days Off
- Mon 27th - Fri 31st July

Advanced Mat Course (0.6 cec's)

1 Day Course | 11am - 5:45pm | Date Below

Total Course Cost: R5 310

AUGUST

Hosted Online via Zoom

- Sat 1st August

NEW Anatomy Course (3.0 cec's)

Anatomy & Exercise Fundamentals for Movement Professionals

Course Cost: R18 700 | Dates Below

A 6 month exam date extension for students needing an extension

JULY & AUGUST

Hosted Online via Zoom

- Mon 13th - Thurs 16th July: 11:00 -14:30
- Tues 4th - Thurs 6th August: 11:00 - 14:30
- Wed 12th - Fri 14th August: 11:00 - 14:30

Who is this course for?

This course is designed for movement students and includes individuals aspiring to build a career in movement education. It is particularly well-suited to new and prospective students who may find anatomy and movement integration challenging to learn independently, as well as experienced teachers seeking to refresh their knowledge and enhance their application of anatomy in teaching and cueing.

The course offers an interactive and accessible approach to key concepts, including injury considerations, special populations, and fundamental biomechanical principles, presented clearly and digestibly. It serves as an ideal preparatory step for those considering further studies such as IMP, IR, or ISP, providing a strong foundation without the intensity of more advanced programs. This course is perfect for students preparing to take their exams too. Structured over three weeks in three-hour sessions (10 days), the format allows participants sufficient time to absorb and apply the material while maintaining consistent progress and engagement.

A Smarter Way to Learn Anatomy

Whether you're preparing for certification or looking to enhance your current practice, this course is designed to strengthen your knowledge and support your growth as a student or professional.

We've redefined anatomy education; now it's your turn to transform your teaching.

The STOTT PILATES Anatomy & Exercise Fundamentals course gives you the tools to:

- Understand the connections between anatomy, fascia, biomechanics and movement
- Apply anatomy in real-world programming using case studies and small group learning
- Learn to design safe, effective programs that adapt to individual needs and group settings. Integrating STOTT PILATES Principles with modern movement science. Functional anatomy is the foundation of every great instructor. This course ensures you not only learn the material but apply it with confidence and purpose.

Course Highlights

- Expanded content on fascia, motor control, and load management.
- A dynamic learning approach using case studies and problem-based learning (PBL) to connect theory to practice.
- Comprehensive student workbook, including visuals, activities, and supplementary resources included in digital format, with an optional printed copy available for purchase.

Student Exam Date Options

Instructor Trainer: Marelize Badenhorst

📍 In-studio in Welgedacht, Durbanville

- Monday 27 July **OR** Tuesday 28 July
- Monday 3 August **OR** Tuesday 11 August **OR** Monday 31 August
- Tuesday 22 September
- Wednesday 7 October
- Tuesday 17 November

Exam Fees (In-Studio)

Level 1 (Essential & Intermediate) and / or Level 2 (Advanced)

Mat R4 850 (written + 1 hour practical)

Reformer R4 850 (written + 1 hour practical)

Mat & Reformer R5 450 (written + 1.5 hour practical)

Full exam R5 950 (written + 2 hour practical)

Level 2 Advanced Practical Only (In-Studio & Online)

Mat level 2 R2 900 (30 minutes)

Reformer level 2 R2 900 (30 minutes)

Mat & Reformer level 2 R3 100 (45 minutes)

Mat/Reformer/CCB level 2 only exams R3 500 (1 hour)

Hosted Online via Zoom

Exam Fees Written & Practical (Online via Zoom)

Mat R5 950

Reformer R5 950

Mat & Reformer R6 650

Full exam R7 250

Hosted Online via Zoom

STOTT PILATES Workshops

Instructor Trainer: Marelize Badenhorst

Wednesday 24th June | Online via Zoom

R1,950 per workshop | CECs: 0.2 per workshop

Exam Preparation: Mat (2-month exam extension)

10am – 12:30pm

Exam Preparation: Reformer (2-month exam extension)

12:45pm – 3:15pm

Instructor Trainer: Marelize Badenhorst

Friday 31st July | R1,950 per workshop | CECs: 0.2 per workshop

 Sea Point Studio

Stott Pilates Exam Preparation: General Overview (2-month exam extension)

11am – 1pm

Stott Pilates Postural Analysis Overview (2-month exam extension)

1:30pm – 3:15pm

NEW Fitness Circle Strength-Endurance-Recovery Flow Sequences

Instructor Trainer: Lisa Palmer

Wednesday 12th August | Online via Zoom | 1pm - 3:30pm

R1,950 per workshop | CECs: 0.2 per workshop

NEW Deconstruction-to-Reconstruction: The Art of Teaching Complex Reformer Exercises

Instructor Trainer: Lisa Palmer

Wednesday 30th September | Online via Zoom | 1pm - 3:30pm

CECs: 0.2 per workshop



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