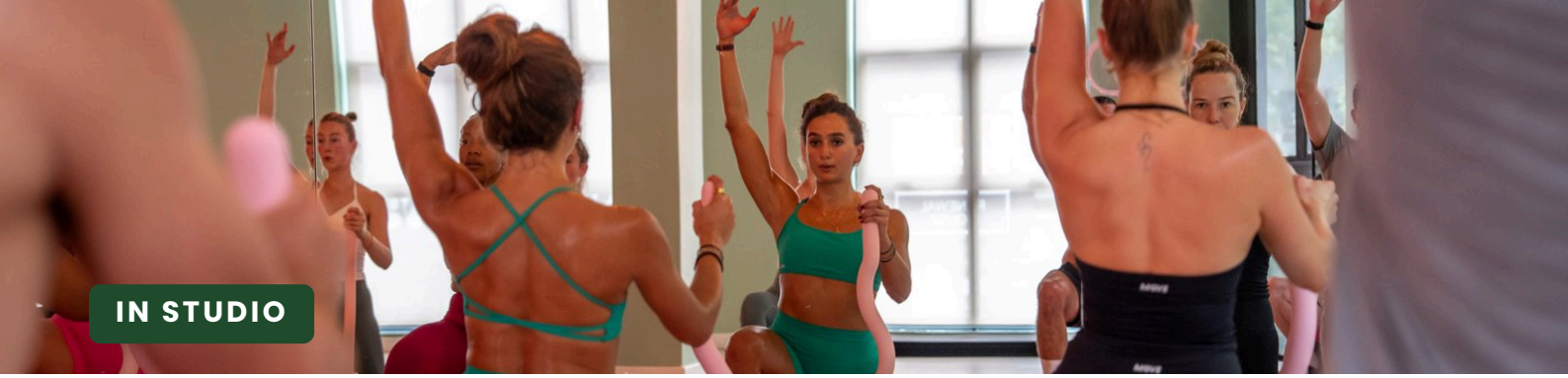


The STOTT PILATES Course Schedule 2027



Anatomy & Exercise Fundamentals Course (3.0 cec's)

10 Day Course | 3 hours per day (30 hours) | 11am - 2:30pm | Dates Below | Select one option
Course Cost: R18 700 | Includes a 6 month exam date extension
Ideal to complete before any other course, or as preparation for your exam.

JANUARY & FEBRUARY

📍 **Option 1**

- Wed 13th - Fri 15th January
- Mon 18th January
- Mon 1st - Thurs 4th February
- Mon 8th & Tues 9th February

JULY & AUGUST

📍 **Option 2**

- Mon 19th - Fri 23rd July
- Mon 2nd - Fri 6th August

Intensive Mat Course (0.40 cec's)

8 Day Course | 11am - 4pm Daily | Locations + Dates Below | Select one option
Course Cost: R29 850 | Materials: R4 550 (2 manuals & digital DVD's)

JANUARY

📍 **Sea Point Studio**

- Tues 19th - Fri 22nd January
- Sat 23rd & Sun 24th | Days Off
- Mon 25th - Thurs 28th January

JANUARY

📍 **Claremont Studio**

- Tues 19th - Fri 22nd January
- Sat 23rd & Sun 24th | Days Off
- Mon 25th - Thurs 28th January

MAY

📍 **Sea Point Studio**

- Tues 4th - Fri 7th May
- Sat 8th & Sun 9th | Days Off
- Mon 10th - Thurs 13th May

AUGUST

📍 **Sea Point Studio**

- Tues 17th - Fri 20th August
- Sat 21st & Sun 22nd | Days Off
- Mon 23rd - Thurs 26th August

NOVEMBER

📍 **Sea Point Studio**

- Tues 16th - Fri 19th November
- Sat 20th & Sun 21st | Days Off
- Mon 22nd - Thurs 25th November

IN STUDIO

Advanced Mat Course (0.6 cec's)

1 Day Course | 11am - 5pm | Locations + Dates Below | Select one option
Course Cost: R5 850

JANUARY

📍 **Sea Point Studio**
- Fri 29th January

JANUARY

📍 **Claremont Studio**
- Fri 29th January

NOVEMBER

📍 **Sea Point Studio**
- Fri 26th November

ONLINE

Intensive Mat Course (0.40 cec's)

10 Day Course | Dates Below
Course Cost: R29 850 | Materials: R4 550 (2 manuals & digital DVD's)

JUNE

🔗 **Hosted Online via Zoom**
- Mon 14th - Fri 18th June
- Sat & Sun | Days Off
- Mon 21st - Fri 25th June

Advanced Mat Course (0.6 cec's)

1 Day Course | Dates Below | Select one option

MAY

🔗 **Hosted Online via Zoom**
- Fri 14th May
- 11am - 5:45pm
- Course Cost: R5 850

JUNE

🔗 **Hosted Online via Zoom**
- Sat 26th June
- 11am - 5:45pm
- Course Cost: R5 850

IN STUDIO

Intensive Reformer Course (0.50 cec's)

10 Day Course | 11am - 4pm | Locations + Dates Below | Select one option
Course Cost: R32 800

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.

FEBRUARY

📍 **Sea Point Studio**

- Mon 15th - Fri 19th February
- Sat 20th & Sun 21st | Days Off
- Mon 22nd - Fri 26th February

FEBRUARY

📍 **Bree Street Studio**

- Mon 15th - Fri 19th February
- Sat 20th & Sun 21st | Days Off
- Mon 22nd - Fri 26th February

JULY

📍 **Sea Point Studio**

- Mon 19th - Fri 23rd July
- Sat 24th & Sun 25th | Days Off
- Mon 26th - Fri 30th July

OCTOBER

📍 **Sea Point Studio**

- Mon 18th - Fri 22nd October
- Sat 23rd & Sun 24th | Days Off
- Mon 25th - Fri 29th October

NOV & DECEMBER

📍 **Bree Street Studio**

- Mon 29th November - Fri 3rd December
- Sat 4th & Sun 5th | Days Off
- Mon 6th - Fri 10th December

Advanced Reformer Course (0.18 cec's)

3 Day Course | 11am - 4pm | Location + Dates Below
Course Cost: R9 050 | Manual Cost: R2 200

NOVEMBER

📍 **Sea Point Studio**

- Wed 3rd - Fri 5th November

IN STUDIO

All Cadillac, Stability Chair & Barrels courses are hosted at the **Sea Point Studio** in March.

Intensive Cadillac Course (0.25 cec's)

5 Day Course | 11am - 4pm
Course Cost: R18 880
Materials: R4 800 (2 manuals)

MARCH

📍 **Sea Point Studio**

- Wed 3rd - Fri 5th March
- Sat 6th & Sun 7th | Days Off
- Mon 8th & Tues 9th March

Advanced Cadillac Course (0.6 cec's)

1 Day Course | 11am - 5pm
Course Cost: R4 720

MARCH

📍 **Sea Point Studio**

- Wed 17th March

Intensive Stability Chair Course (0.15 cec's)

3 Day Course | 11am - 4pm
Course Cost: R11 520 | Manual: R1 800

MARCH

📍 **Sea Point Studio**

- Wed 10th - Fri 12th March

Advanced Stability Chair Course (0.3 cec's)

Half Day | 10am - 1pm
Course Cost: R3 680

MARCH

📍 **Sea Point Studio**

- Thurs 18th March

Intensive Barrels Course (0.10 cec's)

2 Day Course | 11am - 4pm
Course Cost: R7 920
Materials: R3 400 (3 manuals)

MARCH

📍 **Sea Point Studio**

- Mon 15th - Tues 16th March

Advanced Barrels Course (0.3 cec's)

Half Day | 1:30pm - 4:30pm
Course Cost: R3 680

MARCH

📍 **Sea Point Studio**

- Thurs 18th March

IN STUDIO

Injuries & Special Populations Course (0.24 cec's)

4 Day Course | 11am - 5pm | Location + Dates Below
Course Cost: R24 080 | Manual Cost: R2 450

SEPTEMBER

📍 **Sea Point Studio**

- Tues 14th - Fri 17th September

Total Barre Course (0.6 cec's)

1 Day Course | 12pm - 6pm | Locations + Dates Below | Select one option
Course Cost: R6 375 | Manual: R1 950

JULY

📍 **Sea Point Studio**

- Sat 10th July

DECEMBER

📍 **Bree Street Studio**

- Sun 12th December

The ZENGA Foundation Course (0.6 cec's)

1 Day Course | 11am - 4pm | Location + Date Below
Course Cost: R6 375 | Manual: R800

NOVEMBER

📍 **Sea Point Studio**

- Sat 27th November

IN STUDIO & ONLINE

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	**R3 500**	1 hour

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**



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