



PROGRESSIVE EDUCATION

BIG DANCE

6 th February 2010	Instructor Course – Jonatan Canada
8 th October 2010	Instructor Course – Jonatan Canada

SANDUNGA

7 th February 2010	Instructor Course – Jonatan Canada
-------------------------------	------------------------------------

PUSH & LIFT

20 th March 2010	Instructor Course – Padraig Clyne
22 nd May 2010	Instructor Course – Padraig Clyne
8 th October 2010	Instructor Course – Padraig Clyne

MULTITRAX INDOOR CYCLING

27 th -28 th February 2010	Foundation Instructor Course – Tosh Cameron
12 th – 13 th June 2010	Foundation Instructor Course – Padraig Clyne
11 th – 12 th September 2010	Foundation Instructor Course – Padraig Clyne
4 th December 2010	Advanced Instructor Course – Tosh Cameron

MULTITRAX PT SERIES

8 th March 2010	Practical Anatomy & Physiology – Yolande Green
21 st March 2010	Body Transformation Workshop – Gary Ward
20 th March 2010	How to get more clients & Keep them – Rebecca Weissbort, Janey Holliday
15 th May 2010	The Portable Personal Trainer – Lorna Malcolm

KETTLEBELLS

7 th February 2010	Instructor Course - London
28 th March 2010	Instructor Course - London
23 rd May 2010	Instructor Course - London
18 th July 2010	Instructor Course - London



EXHILARATING EVENTS

ULTIMATE EVENTS

19 th June 2010	Ultimate Mind & Body
26 th June 2010	Ultimate Group Fitness

For more information on Multitrax Education & Events
Please feel free to contact a member of the team on:
T: 020 7719 1414 or E: education@multitraxgroup.com