



# PROGRESSIVE EDUCATION

## BIG DANCE

6 <sup>th</sup> February 2010	Instructor Course – Jonatan Canada
8 <sup>th</sup> October 2010	Instructor Course – Jonatan Canada

## SANDUNGA

7 <sup>th</sup> February 2010	Instructor Course – Jonatan Canada
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## PUSH & LIFT

20 <sup>th</sup> March 2010	Instructor Course – Padraig Clyne
22 <sup>nd</sup> May 2010	Instructor Course – Padraig Clyne
8 <sup>th</sup> October 2010	Instructor Course – Padraig Clyne

## MULTITRAX INDOOR CYCLING

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

## MULTITRAX PT SERIES

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

## KETTLEBELLS

7 <sup>th</sup> February 2010	Instructor Course - London
28 <sup>th</sup> March 2010	Instructor Course - London
23 <sup>rd</sup> May 2010	Instructor Course - London
18 <sup>th</sup> July 2010	Instructor Course - London



# EXHILARATING EVENTS

## ULTIMATE EVENTS

19 <sup>th</sup> June 2010	Ultimate Mind & Body
26 <sup>th</sup> 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](mailto:education@multitraxgroup.com)