

Workshop Weekend (WSW) - Body Intellect (Brooklyn Studio) Pretoria - 6 to 8 March 2020

Friday - 6th of March 2020

		Studio 1		Studio 2		Studio 3
Workshop 12:00 - 15:00		Pilates for Cervical Discs Ashley Ritchie		Working with Male Clients Inge Pretorius		More than just a Wall Unit Theo Botha
Practical Class 15:30 - 16:30		Give it a Band-Aid Kelly Sender		Spine Corrector Class Theo Botha		Wonderful Wall Unit Ashley Ritchie

Saturday - 7th of March 2020

		Studio 1		Studio 2		Studio 3
Practical Class 7:30 - 8:30		Circle it! Inge Pretorius		Box it! Marinda Pretorius		Pilates, Me & Tax Leon Moore
Workshop 9:00 - 12:00		Reform Reformer Inge Pretorius		Pilates for the mature client Ashley Ritchie		Pilates & Fascia Sulene Ashton

Lunch

Workshop 13:00 - 16:00		With a Twist Theo Botha		Bound to Bounce Liane Brink		Core & Power of Pilates Principles Ashley Ritchie
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Sunday - 8th of March 2020

		Studio 1		Studio 2		Studio 3
Practical Class 7:30 - 8:30		Power Pilates Inge Pretorius		Foam Roller it! Andria Pretorius		Pilates, Me & Tax Leon Moore
Workshop 9:00 - 12:00		Rotator Disc & Gliders Inge Pretorius		Around the Hip Rob Donkin		Find & Fix Movement Faults Theo Botha

Lunch

Workshop 13:00 - 16:00		Pilates & Fascia Sulene Ashton		Bound to Bounce Liane Brink		Giving it Spring! Inge Pretorius
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