

2018 Schedule



	Date	Description	Instructor	Location	Price
LAST FEW PLACES	7 Feb 18 to 11 Feb 18	CHEK Exercise Coach	Leigh Brandon	London, UK	Regular: £1,945 Early Bird: £1,795
	17 Feb 18 to 18 Feb 18	Scientific Shoulder Training LIVE	Matt Wallden	Lancashire, UK	Regular: £249 Early Bird: £195
	2 Mar 18 to 4 Mar 18	Golf Performance Specialist	Phil Loizides	Lancashire, UK	Regular: £800 Early Bird: £750
	6 Mar 18 to 11 Mar 18	Holistic Lifestyle Coach Level 3	Angie Chek	Lancashire, UK	Regular: £2370 Early Bird: £2220
	14 Mar 18 to 18 Mar 18	Holistic Lifestyle Coach Level 2	Warren Williams	Lancashire, UK	Regular: £1975 Early Bird: £1825
LAST FEW PLACES	23 Mar 18 to 25 Mar 18	Holistic Lifestyle Coach Level 1	Warren Williams	Lancashire, UK	Regular: £800 Early Bird: £750
NEW	20 Apr 18	Infant Development Practical Application Workshop		London, UK	Regular: £195 Early Bird: £149
	21 Apr 18 to 22 Apr 18	Sports Conditioning Workshop	Warren Williams	London, UK	Regular: £349 Early Bird: £249
	11 May 18 to 13 May 18	Tennis Conditioning Series	Leigh Brandon	Lancashire, UK	Regular: £800 Early Bird: £750
	16 May 18 to 20 May 18	CHEK Exercise Coach	Leigh Brandon	Lancashire, UK	Regular: £1,945 Early Bird: £1,795
	30 Jun 18 to 1 Jul 18	Scientific Core Conditioning LIVE	Leigh Brandon	Lancashire, UK	Regular: £249 Early Bird: £195
LAST FEW PLACES	18 Jul 18 to 22 Jul 18	C.H.E.K Practitioner Level 2	Matt Wallden	Lancashire, UK	Regular: £1,945 Early Bird: £1,795
LAST FEW PLACES	25 Jul 18 to 29 Jul 18	CHEK Exercise Coach	Phil Loizides	London, UK	Regular: £1,945 Early Bird: £1,795

- CHEK Holistic Lifestyle Coach Programme
- CHEK Exercise Coach
- C.H.E.K Practitioner Programme
- Sports Conditioning
- CHEK Europe Academy Workshop
- CHEK LIVE Events

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LAST FEW PLACES	1 Aug to 5 Aug 18	C.H.E.K Practitioner Level 1	Matt Wallden	London, UK	Regular: £1,945 Early Bird: £1,795
	8 Aug 18 to 12 Aug 18	CHEK Exercise Coach	Leigh Brandon	Lancashire, UK	Regular: £1,945 Early Bird: £1,795
	15 Aug 18 to 19 Aug 18	C.H.E.K Practitioner Level 1	Leigh Brandon	Lancashire, UK	Regular: £1,945 Early Bird: £1,795
LAST FEW PLACES	22 Aug 18 to 26 Aug 18	C.H.E.K Practitioner Level 2	Matt Wallden	London, UK	Regular: £1,945 Early Bird: £1,795
LAST FEW PLACES	3 Sep 18 to 11 Sep 18	C.H.E.K Practitioner Level 3	Matt Wallden	Lancashire, UK	Regular: £2,880 Early Bird: £2,630
	15 Sep 18 to 16 Sep 18	CHEK Exercise Coach Review Workshop	Phil Loizides	Lancashire, UK	Regular: £299 Early Bird: £199
	22 Sep 18 to 23 Sep 18	C.H.E.K Practitioner Level 1 Review Workshop	Leigh Brandon	Lancashire, UK	Regular: £299 Early Bird: £199
	29 Sep 18 to 30 Sep 18	C.H.E.K Practitioner Level 2 Review Workshop	Matt Wallden	Lancashire, UK	Regular: £299 Early Bird: £199
	5 Oct 18 to 7 Oct 18	C.H.E.K Practitioner Level 3 Review Workshop	Matt Wallden	Lancashire, UK	Regular: £449 Early Bird: £299
	13 Oct 18 to 14 Oct 18	Swiss Ball Training LIVE	Warren Williams	Lancashire, UK	Regular: £249 Early Bird: £195
	17 Oct 18 to 21 Oct 18	CHEK Exercise Coach	Phil Loizides	Lancashire, UK	Regular: £1,945 Early Bird: £1,795
	26 Oct 18 to 28 Oct 18	Holistic Lifestyle Coach Level 1	Warren Williams	Lancashire, UK	Regular: £800 Early Bird: £750
	21 Nov 18 to 25 Nov 18	Holistic Lifestyle Coach Level 2	Warren Williams	Lancashire, UK	Regular: £1,975 Early Bird: £1,825

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