



2017 YEAR PLANNER – 1st Half

Johannesburg

DATE	CERTIFICATIONS	REGION
4 March	Group Exercise Instructor	JHB
4 March	Sports Massage	JHB
29 March	Personal Fitness Trainer	JHB
20-21 May	Exercise & Pregnancy course	JHB

DATE	CONTINUED EDUCATION	REGION
4 March	Boxing level 3	JHB
10 March	Exercise is Medicine 2	JHB
17 March	Exercise is Medicine 3	JHB
25,26 March	Bootcamp Workshop	JHB
5 May	Exercise is Medicine 1	JHB
13 May	Advanced Boxing 1	JHB
19 May	Exercise is Medicine 2	JHB
27 May	Advanced Boxing 2	JHB
2 June	<u>Morning</u> -Functional Nutrition for Trainers <u>Afternoon</u> - Fascia: the hidden factor in	JHB Presented by Aaron

FITPRO® Your Passion. Your Career

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3,4 June	Olympic Weightlifting Course	JHB
9 June	Exercise is Medicine 3	JHB
10 June	Boxing Level 1	JHB
17 June	Functional Training	JHB
24 June	Strapping course	JHB
24 June	Boxing Level 2	JHB
8 July	Boxing Level 3	JHB
26 August	Event Periodization	JHB

Cape Town

DATE	CERTIFICATIONS	REGION
Online	Exercise Science	Cape Town
Blended	Personal Fitness Trainer Course	Cape Town
4-5 March	Exercise & Pregnancy	Cape Town
11 March	Sports Massage	Cape Town

DATE	CONTINUED EDUCATION	REGION
17 February	Stretching	Cape Town
6 May	Strapping	Cape Town
3-4 June	Bootcamp	Cape Town
1 July	Athlete Assessment	Cape Town

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