

Payment Deadlines				Pre-reqs due by:	CHEK UK Exercise Coach Regular: £1695 Early Bird: £1595 Rush: £1795 CHEK Exercise Coach + pre-reqs: Regular: £2113; Early Bird: £2013 Payment Plans available. Please ask for details.		
Last date to be eligible for:			Final payment due by		DATE	LOCATION	INSTRUCTOR
Early Bird	Regular	Rush					
17-Nov-11	16-Jan-12	10-Feb-12	19-Jan-12	16-Jan-12	15 to 19 February	Life Smart, Central London	Leigh Brandon
23-Feb-12	23-Apr-12	18-May-12	19-Apr-12	23-Apr-12	23 to 27 May	David Lloyd, Leeds	Leigh Brandon
05-Apr-12	04-Jun-12	29-Jul-12	19-Jun-12	4-Jun-12	4 to 8 July	Primal Lifestyle, Dorking	Matt Walden
8-May-12	7-Jul-12	1-Aug-12	19-Jul-12	7-Jul-12	6 to 10 August	Kingston College, Surrey	Leigh Brandon
11-Jul-12	9-Sep-12	4-Oct-12	19-Sep-12	9-Sep-12	10 to 14 October	CHEK Europe, Lancashire	Leigh Brandon
4-Sep-12	3-Nov-12	28-Nov-12	19-Nov-12	3-Nov-12	5 to 9 December	Life Smart, Central London	Leigh Brandon

Payment Deadlines				Pre-reqs due by:	C.H.E.K Practitioner Level 1 Regular: £1895 Early Bird: £1795 Rush: £1995 CP Level 1 + pre-reqs: Regular: £2187; Early Bird: £2087 Payment Plans available. Please ask for details.		
Last date to be eligible for:			Final payment		DATE	LOCATION	INSTRUCTOR
Early Bird	Regular	Rush					
15-Dec-11	13-Feb-12	9-Mar-12	19-Feb-12	13-Feb-12	14 to 18 March	CHEK Europe, Lancashire	Dan Hellman
15-May-12	14-Jul-12	8-Aug-12	19-Jul-12	14-Jul-12	13 to 17 August	Kingston College, Surrey	Matt Walden
9-Aug-12	8-Oct-12	2-Nov-12	19-Oct-12	8-Oct-12	7 to 11 November	Primal Lifestyle, Dorking	Matt Walden

Payment Deadlines				Pre-reqs due by:	C.H.E.K Practitioner Level 2 Regular: £1895 Early Bird: £1795 Rush: £1995 CP Level 2 + pre-reqs: Regular: £2120; Early Bird: £2020 Payment Plans available. Please ask for details.		
Last date to be eligible for:			Final payment		DATE	LOCATION	INSTRUCTOR
Early Bird	Regular	Rush					
22-May-12	21-Jul-12	15-Aug-12	19-Jul-12	21-Jul-12	20 to 24 August	Kingston College, Surrey	Matt Walden

Payment Deadlines				Pre-reqs due by:	C.H.E.K Practitioner Level 3 Regular: £3095 Early Bird: £2945 Rush: £3295 Payment Plans available. Please ask for details.		
Last date to be eligible for:			Final payment		DATE	LOCATION	INSTRUCTOR
Early Bird	Regular	Rush					
6-Aug-12	6-Oct-12	7-Oct-12	23-Oct-12	Sept 15, 12	6 to 13 November	Primal Lifestyle, Dorking	Matt Walden

Payment Deadlines				Pre-reqs due by:	Golf Performance Specialist Regular: £895 Early Bird: £825 Rush: £975 Payment Plans available. Please ask for details.		
Last date to be eligible for:			Final payment		DATE	LOCATION	INSTRUCTOR
Early Bird	Regular	Rush					
10-Dec-11	8-Feb-12	4-Mar-12	19-Feb-12	N/A	9 to 11 March	CHEK Europe, Lancashire	Dan Hellman
12-Apr-12	11-Jun-12	6-Jul-12	19-Jul-12	N/A	11 to 13 July	Bowskill Clinic, London	Jon Bowskill
18-Aug-12	17-Oct-12	11-Nov-12	19-Oct-12	N/A	16 to 18 November	Bowskill Clinic, London	Jon Bowskill

Payment Deadlines				Pre-reqs due by:	Holistic Lifestyle Coach Level 1 Regular: £625 Early Bird: £575 Rush: £695 Payment Plans available. Please ask for details.		
Last date to be eligible for:			Final payment		DATE	LOCATION	INSTRUCTOR
Early Bird	Regular	Rush					
5-Nov-11	4-Jan-12	29-Jan-12	19-Jan-12	N/A	3 to 5 February	Life Smart, Central London	Emma Lane
11-Feb-12	11-Apr-12	6-May-12	27-Apr-12	N/A	11 to 13 May	CHEK Europe, Lancashire	Emma Lane
Please contact O2 ApS				N/A	11 to 13 May	Farum, Denmark	JP Sears
5-May-12	4-Jul-12	29-Jul-12	19-Jul-12	N/A	3 to 5 August	Life Smart, Central London	Emma Lane
7-Jul-12	5-Sep-12	30-Sep-12	19-Sep-12	N/A	5 to 7 October	CHEK Europe, Lancashire	Emma Lane

Payment Deadlines				Pre-reqs due by:	Holistic Lifestyle Coach Level 2 Regular: £1895 Early Bird: £1795 Rush: £1995 Payment Plans available. Please ask for details.		
Last date to be eligible for:			Final payment		DATE	LOCATION	INSTRUCTOR
Early Bird	Regular	Rush					
16-Feb-12	16-Apr-12	2-May-12		16-Apr-12	16 to 20 May	CHEK Europe, Lancashire	Emma Lane
Please contact Eleiko				22-Oct-12	21 to 25 November	Halmstad, Sweden	Emma Lane

Registration Information	CHEK Seminars		
	DATE	LOCATION	INSTRUCTOR
Visit www.CHEKeurope.com	22 March	Scientific Shoulder Training at The Winter Gardens, Blackpool	Dan Hellman
Please contact Eleiko	June 13	Weight Lifting: How to Optimize Performance and Prevent Injury!	Paul Chek
Please contact Eleiko	June 14	Equal But Not the Same	Paul Chek
Visit www.CHEKeurope.com	June 23	Swiss Ball Exercises	Paul Chek
Visit www.CHEKeurope.com	June 24	Scientific Stretching	Paul Chek
Please contact Matt Wallden at info@PrimalLifesyle.com	June 30	Barefoot Connections Conference at the Natural History Museum, London	Paul Chek

Registration Information	TEAM CHEK		
	DATE	EVENT	INSTRUCTOR
Visit www.chrysalispromotions.com	23 to 25 March	International Fitness Showcase, The Winter Gardens, Blackpool	Dan Hellman and CHEK Team

Classes are confirmed 30 days prior to start. We do not suggest making travel arrangements prior to confirmation.
Prices are for UK courses only.

For courses in the UK contact:

CHEK Europe Ltd.
Phone (+44) 01704 821 321
Fax: (+44) 01924 667192

www.CHEKeurope.com

[E-mail: info@chekeurope.com](mailto:info@chekeurope.com)

For information and prices of courses in Denmark contact:

O2 ApS
Phone: (+45) 028 14 5131

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For information and prices of courses in Sweden contact:

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