

Payment Plans				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					
Nov 21	Jan 22	Feb 7	Feb 7	Jan 22	February 21-25	Dorking, Surrey	Matthew Wallden
Please contact the C.H.E.K Institute directly				Feb 21	March 23-27	Naas Health and Fitness, Co. Kildare, Ireland	Leigh Brandon
Please contact O2 ApS				April 9	May 9-13	Farum, Denmark	Matthew Wallden
Feb 11	April 11	April 27	April 27	April 11	May 11-15	LifeSmart, London	Leigh Brandon
March 20	May 21	June 8	June 8	May 21	June 27-July 1	David Lloyd, Leeds	Leigh Brandon
May 8	July 9	July 25	July 25	July 9	August 8-12	Kingston College, Kingston, Surrey	Leigh Brandon
June 21	Aug 22	Sept 7	Sept 7	Aug 22	September 21-25	JPT Health, Mawdesley, Lancashire	Leigh Brandon
Jul 24	Sept 24	Oct 10	Oct 10	Sept 24	October 24-28	LifeSmart, London	Leigh Brandon
Please contact Eleiko				Oct 20	November 19-23, 2011	Eleiko Sport Center, Halmstad, Sweden	Matthew Wallden

Payment Plans				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					
Dec 16	Feb 14	March 2	March 2	Feb 14	March 16-20	JPT Health, Mawdesley, Lancashire	Dan Hellman
May 15	July 16	Aug 1	Aug 1	July 16	August 15-19	Kingston College, Kingston, Surrey	Mark Buckley
Aug 7	Oct 8	Oct 24	Oct 24	Oct 8	November 7-11	Dorking, Surrey	Matthew Wallden

Payment Plans				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					
July 10	Sept 10	Sept 26	Sept 26	Sept 10	October 10-14	Dorking, Surrey	Matthew Wallden

Payment Plans				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					
July 20	Sept 20	Oct 6	Oct 6	July 2011	October 20-28	Dorking, Surrey	Matthew Wallden

Payment Plans				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					
Mar 10	May 11	May 27	May 27	N/A	June 10-12	Bowskill Clinic, London	Jon Bowskill
Aug 2011	Oct 2011			N/A	November 11-13	Bowskill Clinic, London	Jon Bowskill

Payment Plans				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					
Dec 11	Feb 9	Feb 25	Feb 25	N/A	March 11-13	15 Hatfields, London	Emma Lane
Please contact Eleiko				N/A	March 11-13	Stockholm, Sweden	JP Sears
Please contact O2 ApS				N/A	March 18-20	Farum, Denmark	JP Sears
May 5	July 6	July 22	July 22	N/A	August 5-7	LifeSmart, London	Emma Lane
June 30	Aug 30	Sept 16	Sept 16	N/A	September 30 - October 2	JPT Holistic Health and Fitness, Lancashire	Emma Lane
Please contact Eleiko				N/A	October 14-16	Eleiko Training Center, Halmstad, Sweden	JP Sears
Aug 18	Oct 19	Nov 4	Nov 4	N/A	November 4-6	LifeSmart at the Albany, London	Emma Lane

Payment Plans				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					
Please contact O2 ApS				Jan 11	February 10-14	Farum, Denmark	Josh Rubin
June 14	Aug 15	Sept 1	Sept 1	Aug 15	November 24-28	LifeSmart at the Albany, London	Emma Lane

Registration Information	CHEK Seminars		
	DATE	LOCATION	INSTRUCTOR
Please contact Eleiko	February 28 - March 4	CHEK Start Seminars, Eleiko Training Center, Halmstad, Sweden	Matthew Wallden
Visit www.CHEKeurope.com	March 24	Program Design, Blackpool as a pre-convention seminar for International Fitness Showcase	Dan Hellman
Please contact Eleiko	November 27 - December 1	CHEK Start Seminars, Eleiko Training Center, Halmstad, Sweden	Matthew Wallden

Registration Information	TEAM CHEK		
	DATE	EVENT	INSTRUCTOR
Visit www.chrysalispromotions.com	March 25-27	International Fitness Showcase, The Winter Gardens, Blackpool	Dan Hellman, Jon Bowskill, Emma Lane
Visit www.FitPro.com	April 8-10	Fit Pro UK, Loughborough	Paul Chek
Visit www.chrysalispromotions.com	September 10th	The Big One North, Barnsley	Jim Thorp & Matthew Wallden
Visit www.chrysalispromotions.com	October 1st	The Big One South, Wokingham	Leigh Brandon & Duncan Reeve

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) 01924 566019

Fax: (+44) 01924 667192

www.CHEKeurope.com

E-mail: 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: Eleiko Sport AB

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