

# 2016 Schedule



Date	Description	Instructor	Location	Price
16 Jan 16 to 17 Jan 16	Presenter and Video Media Training	Mike Ode	Lancashire	Regular: £195 Academy: £150
6 Feb 16 to 7 Feb 16	CHEK Exercise Coach Pre-req Review 8	Duncan Reeve	Lancashire	Regular: £195 Academy: £150
10 Feb 16 to 14 Feb 16	CHEK Exercise Coach	Leigh Brandon	London	Regular: £1,745 Early Bird: £1,595 Academy: £1,483
2 Mar 16 to 6 Mar 16	C.H.E.K Practitioner Level 1	Matt Wallden	Surrey Sports Park	Regular: £1,770 Early Bird: £1,620 Academy: £1,505
2 Mar 16 to 6 Mar 16	C.H.E.K Practitioner Level 1	Leigh Brandon	Lancashire	Regular: £1,770 Early Bird: £1,620 Academy: £1,505
11 Mar 16 to 13 Mar 16	Tennis Conditioning Level 2	Leigh Brandon	Lancashire	Regular: £895 Early Bird: £820 Academy: £760
8 April 16 to 10 April 16	Holistic Lifestyle Coach Level 1	Jennie Delbridge	Lancashire	Regular: £725 Early Bird: £675 Academy: £616
23 April 16 to 24 April 16	C.H.E.K Practitioner Level 1 Review	Matt Wallden	Lancashire	Regular: £195 Academy: £150
10 May 16 to 15 May 16	Holistic Lifestyle Coach Level 3	Paul Chek	Cotswolds	Regular: £2,880 Early Bird: £2,580 Academy: £2,448 Re-sit: £1,999
11 May 16 to 15 May 16	Holistic Lifestyle Coach Level 2	Angie Lustrick	Cotswolds	Regular: £1,870 Early Bird: £1,720 Academy: £1,605
21 May 16 to 22 May 16	Exclusive Academy Workshop	Paul Chek	Cotswolds	Regular: £400 Academy: £340
18 June to 19 June 2016	Sports Conditioning Workshop	Anna Swisher	Eleiko	Regular: £500 Early Bird: £450 Academy: £400
2 July 16 to 3 July 16	Holistic Lifestyle Coach Level 2 Review	Jennie Delbridge	Lancashire	Regular: £195 Academy: £150

CHEK Holistic Lifestyle Coach Programme	CHEK Exercise Coach	C.H.E.K Practitioner Programme
Sports Conditioning	CHEK Europe Academy Workshop	Presentation Training

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6 July 16 to 10 July 16	CHEK Exercise Coach	Leigh Brandon	London	Regular: £1,745 Early Bird: £1,595 Academy: £1,483
15 July 16 to 17 July 16	Holistic Lifestyle Coach Level 1	Jennie Delbridge	London	Regular: £775 Early Bird: £725 Academy: £616
3 Aug 16 to 11 Aug 16	C.H.E.K Practitioner Level 3 Advanced Training Programme	Matt Wallden	Primal Lifestyle	Regular: £2,750 Early Bird: £2,500 Academy: £2,300
10 Aug 16 to 14 Aug 16	CHEK Exercise Coach	Duncan Reeve	Lancashire	Regular: £1,745 Early Bird: £1,595 Academy: £1,483
17 Aug 16 to 21 Aug 16	C.H.E.K Practitioner Level 1	Dan Hellman	Lancashire	Regular: £1,770 Early Bird: £1,620 Academy: £1,505
24 Aug 16 to 28 Aug 16	C.H.E.K Practitioner Level 2	Dan Hellman	Lancashire	Regular: £1,770 Early Bird: £1,620 Academy: £1,505
31 Aug 16 to 4 Sept 16	CHEK Exercise Coach	Leigh Brandon	London	Regular: £1,745 Early Bird: £1,595 Academy: £1,483
10 Sept 16 to 11 Sept 16	C.H.E.K Practitioner Level 3 Review	Matt Wallden	Primal Lifestyle	Regular: £195 Academy: £150
17 Sept 16 to 18 Sept 16	C.H.E.K Practitioner Level 2 Review	Matt Wallden	Primal Lifestyle	Regular: £195 Academy: £150
24 Sept 16 to 25 Sept 16	CHEK Exercise Coach Review	Leigh Brandon	Lancashire	Regular: £195 Academy: £150
16 Nov 16 to 20 Nov 16	CHEK Exercise Coach	Duncan Reeve	Lancashire	Regular: £1,745 Early Bird: £1,595 Academy: £1,483
25 Nov 16 to 27 Nov 16	Holistic Lifestyle Coach Level 1	Jennie Delbridge	Lancashire	Regular: £725 Early Bird: £675 Academy: £616

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