



PTI Diploma Workshops

2023

Day	Date	Workshop	Where	Tutor	Time
Fri	April 28th 2023	Performance Nutrition	Google Meet Click HERE To Join	Naomi	5.30-9.30pm
Sat + Sun	May 20th + 21st 2023	Training Female Athletes	Google Meet Click HERE To Join	Bebhinn	10am-1pm
Sat	June 3rd 2023	Self Myofascial Release (SMR) CPD	Queens PEC	Naomi	10am-4pm
Mon	June 5th 2023	Intrinsic Biomechanics CPD	Google Meet Click HERE To Join	Rachel	5.30-8.30pm
Sat	June 10th 2023	Olympic and Accessory Lifts for Physiological Development	Queens PEC S+C Suite	Ciaran	10am-2pm
Sat + Sun	June 17th + 18th 2023	Small Group Personal Training - The Role CPD	Google Meet Click HERE To Join	Jill	10am-2pm