



Pilates Mat FAQ's

PREREQUISITES

Do I need previous Pilates experience?

You must have attended a minimum of 20 Pilates classes before starting the course to ensure familiarity with Pilates Mat exercises.

Do I need an Anatomy & Physiology qualification?

In order to be certified in Pilates Mat, you must hold a recognised Anatomy & Physiology (A&P) qualification.

If you already hold a relevant health or fitness qualification that includes the required level of Anatomy & Physiology, you will only need to complete our Pilates-specific anatomy module.

If you do not already hold a recognised A&P qualification, you can complete our supplementary Level 3 Anatomy & Physiology course through our education partner at a reduced rate.

The A&P course can be completed before, during or after your Pilates training. It is completed online at your own pace, with 12 months of access, and we recommend allowing 60+ hours to complete it.

Your A&P qualification must be completed before your Pilates Mat certification can be issued.

COURSE CONTENT

What does the Pilates Mat Teacher Training cover?

The training covers:

- Pilates history, philosophy and principles
- Applied anatomy
- Pilates Mat exercises Levels I & II, including modifications and progressions
- Teaching skills, cueing, safety and effective communication
- Postural analysis and its impact on Pilates students
- Advanced Pilates
- Small equipment
- The business, hospitality and ethics of Pilates

The course also includes access to our video library, including Pilates practice and teaching labs, Pilates breathing tutorials, Pilates anatomy content and a selection of classes.

Are there assignments?

Yes. The number of assignments varies depending on the course. Assignments are not compulsory, but must be submitted by the specified due dates if you would like tutor feedback. Some assignments may include video submissions.

CERTIFICATION & ASSESSMENT

How am I assessed?

Final assessments include:

- Written exam
- Demonstration assessment
- Teaching assessment

All observation hours and other course requirements must also be completed before certification can be issued.

Is the qualification recognised?

Yes. The Pilates Mat Teacher Training is endorsed by the International Institute for Complementary Therapists (IICT) and currently allows successful graduates to teach in 25 countries worldwide.

What can I teach once qualified?

Upon successful completion, you can teach Pilates Mat classes in person and online, to groups and individuals from beginner to advanced level, including the use of small equipment.

What happens if I don't pass an assessment?

If you do not reach the required pass mark, you will have the opportunity to retake or resubmit the relevant assessment during a future assessment window. Additional fees may apply.

What happens if I can't attend the exam date?

If you are unable to attend the scheduled exam date, please contact PTTI as soon as possible to discuss the next available assessment opportunity.

OBSERVATION HOURS

Do I need to complete observation hours?

Yes. All trainees are required to complete 12 Pilates Mat classes as a student or apprentice, commencing from Day 1 of the training.

Classes can be completed with a teacher or teachers of your choice and must be recorded in the logbook provided.

All observation hours must be completed within 6 months and before certification can be issued.

ATTENDANCE

How much of the course do I need to attend?

A minimum of 90% attendance is required.

If your attendance falls below 90%, you will need to complete make-up hours with a PTTI tutor before certification. Additional fees apply.

Do I have to attend the live Zoom sessions?

Live Zoom sessions should be attended where possible. Recordings are available for 2 months. Attendance on the scheduled exam day is compulsory.

MATERIALS & EQUIPMENT

What do I need to bring?

Please wear comfortable clothing suitable for movement and bring a pen and notebook. All course materials are provided. Details of any recommended small equipment will be provided during the course.

FEES & PAYMENT

How much does the training cost?

The regular price of the Pilates Mat Teacher Training is €875, which can be paid in full or in 2 installments.

Is there an Early Bird price?

Yes. Early Bird pricing is available until 6 weeks before the course start date.

Can I book Mat and Reformer together?

Yes. We offer the following bundle options:

Mat + Reformer Bundle: €2,219

Online Mat + Reformer Bundle: €2,104

A flexible 4-installment payment plan is available for bundle bookings.

What is the refund policy?

Deposits are non-refundable. Cancellations and refunds are handled in accordance with our [Refund & Cancellation Policy](#) and full [Terms & Conditions](#)

INJURY & PREGNANCY

Can I take the training if I'm pregnant?

Yes. You can participate in the training but will observe practical sessions. You can complete the written and teaching assessments, with the demonstration assessment completed from 15 weeks postpartum.

Can I take the training if I'm injured?

Yes, with appropriate medical clearance. Some modifications may be necessary, and any injury that may affect your participation should be disclosed on your application.

Does this qualification allow me to teach pregnant clients?

No. Additional specialist training is required to teach Pilates to pregnant clients.