

281 TRAINING ACADEMY

PROSPECTUS

2027

www.studio281.co.uk

STUDIO 281
Training Academy

Welcome

Welcome to your future in Pilates.

At 281 Training Academy, we believe becoming a Pilates instructor is more than a qualification, it's a calling.

Led by industry experts including Georgia Testa, founder of Studio 281, a leading and fast-growing Pilates business, you'll be guided by those actively shaping the industry.

You're here because you love movement. You care about people. And you want a career with freedom, flexibility, and purpose.

This is your space to grow.

Your space to step into confidence.

Your space to turn your passion into a profession that changes lives, starting with your own.

Welcome to 281 Training Academy.
We can't wait for you to experience the highest level of Pilates education around.

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Who are we

We are 281 Training Academy, an accredited training centre with Transcend Awards, one of the UK's fastest-growing Pilates and functional training communities, and a team of highly experienced instructors who live and breathe this industry every single day.

After years of teaching real participants, running sold out classes, expanding locations and training new instructors inside our studios, we saw a problem arising within the industry:

Too many courses were outdated, rushed, or were simply ticking boxes and awarding certificates with no support to the student on HOW they actually teach a class with confidence.

So, we built the 281 Training Academy, a modern, industry-leading education pathway designed for instructors, by instructors & studio owners.

Our mission is simple:
To train confident, knowledgeable, employable Pilates instructors who understand anatomy, movement quality, client care, and class design, not just choreography.

When you train with us, you train with a team who genuinely care about your growth, your success, and your long-term career in the Pilates world.

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MEET THE TEAM

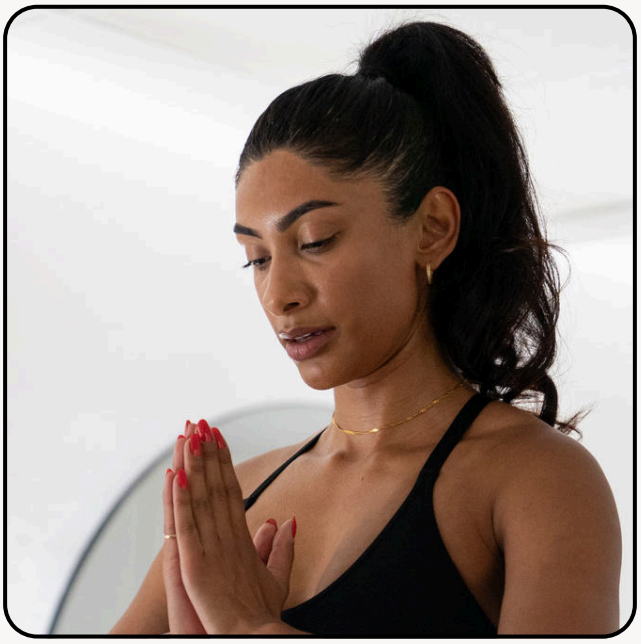


Georgia Testa
Founder & Education Director

Georgia is the founder of Studio 281 and the driving force behind the Training Academy. With years of experience teaching, mentoring, and leading instructors, Georgia is deeply passionate about movement quality, intelligent programming, and empowering instructors to teach with confidence.

Her teaching style is supportive, detail-focused, and rooted in real studio experience, ensuring students leave not only qualified, but genuinely ready to lead classes.

281 Course Catalogue



LEVEL 3 MAT PILATES DIPLOMA

Our level 3 mat pilates diploma is a mix of three in-person weekends and online theory designed to provide high-quality, accessible education for aspiring Pilates instructors. With an immersive blend of theory and practical learning, this course will give you the skills you need to become a confident, certified Pilates instructor.



REFORMER CPD

Take your Pilates teaching to the next level with our Reformer Pilates CPD course designed exclusively for qualified Level 3 Mat Pilates instructors who want to confidently step into the world of Reformer.
This blended course combines structured online learning with an immersive in-person weekend at our boutique Studio 281 space. With limited places available, early booking is strongly advised.

281 Course Catalogue



ADVANCED MAT PILATES CPD

Elevate your Pilates education with our Advanced Mat Pilates CPD Course. This intensive 3-hour workshop is designed for instructors seeking to enhance their expertise on the mat. Participants will learn advanced movements and how to effectively incorporate equipment to enrich their classes.



PRE & POST-NATAL CPD

This class is essential for Pilates instructors looking to support expectant and new mothers. This hybrid training program combines online learning with hands-on practical sessions. In this course, you will master techniques for adapting exercises during pregnancy and performing thorough postnatal assessments. Ensure you are equipped to provide specialized care for your clients during this crucial life stage.

281 Course Catalogue



BARRE CPD

Elevate your Pilates education with our Advanced Mat Pilates CPD Course. This intensive 3-hour workshop is designed for instructors seeking to enhance their expertise on the mat. Participants will learn advanced movements and how to effectively incorporate equipment to enrich their classes.



ADVANCED REFORMER CPD

This class is essential for Pilates instructors looking to support expectant and new mothers. This hybrid training program combines online learning with hands-on practical sessions. In this course, you will master techniques for adapting exercises during pregnancy and performing thorough postnatal assessments. Ensure you are equipped to provide specialized care for your clients during this crucial life stage.

LEVEL 3 MAT PILATES DIPLOMA

Your Foundation. Your Career. Your Confidence.

Our Level 3 Diploma in Teaching Mat Pilates is fully endorsed and accredited by Transcend Awards, one of the most respected awarding bodies in the UK fitness industry and recognised by CIMSPA and Ofqual.

This isn't just a course, it's the foundation of your entire Pilates career.

Designed by Studio 281's founder and this qualification combines real-world teaching experience with industry standards to ensure you graduate ready to teach with confidence.

You will learn:

- Anatomy, physiology & biomechanics
- Movement principles and Pilates foundations
- Regressions, progressions & safe programming
- Class structure, cueing, and client communication
- How to teach REAL classes, not just sequences
- How to support beginners, injuries & special populations
- How to become a confident, employable instructor

By the end of your qualification, you will:

- Be fully certified to teach mat Pilates in gyms, studios, and online
- Know how to programme and deliver effective, safe classes
- Understand how to adapt movements for all abilities
- Feel prepared to step straight into a studio environment
- Have the confidence to lead a room, not just follow a script

This course sets the standard.
This course makes you employable.
This course is your first real step into the Pilates industry.

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REFORMER PILATES CPD

Reformer Pilates is one of the most in-demand skills in the fitness industry but also one of the most misunderstood.

Our Reformer Pilates CPD is designed specifically for qualified instructors who want to level up, specialise, and stand out in the job market.

Created by our team of experienced Reformer teachers, this course teaches you how to use the Reformer safely, intelligently, and effectively, far beyond “spicy moves” or aesthetics.

You will learn:

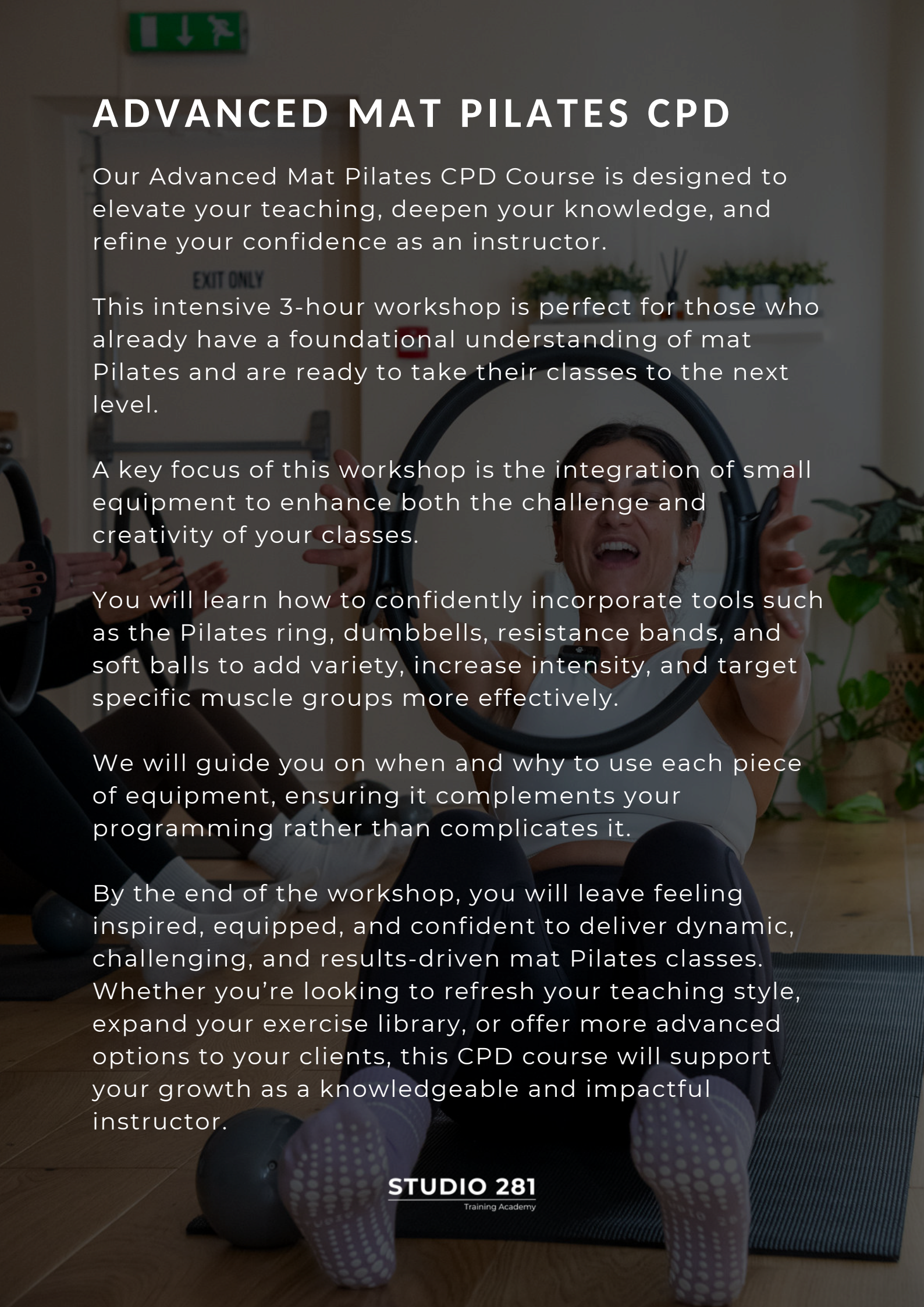
- Reformer mechanics & safety
- Key repertoire & functional variations
- Progressions and regressions for all abilities
- How to design balanced, effective Reformer classes
- How to coach technique with clarity and confidence
- Real-world teaching skills that studios are hiring for

You will leave with:

- A deeper understanding of the body and the machine
- The ability to teach full classes, not just individual exercises
- A specialist skillset that increases your income and opportunities
- A certification that studios trust

This is the course that bridges the gap between knowing Pilates and teaching Pilates at a professional, studio-ready level.

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ADVANCED MAT PILATES CPD

Our Advanced Mat Pilates CPD Course is designed to elevate your teaching, deepen your knowledge, and refine your confidence as an instructor.

This intensive 3-hour workshop is perfect for those who already have a foundational understanding of mat Pilates and are ready to take their classes to the next level.

A key focus of this workshop is the integration of small equipment to enhance both the challenge and creativity of your classes.

You will learn how to confidently incorporate tools such as the Pilates ring, dumbbells, resistance bands, and soft balls to add variety, increase intensity, and target specific muscle groups more effectively.

We will guide you on when and why to use each piece of equipment, ensuring it complements your programming rather than complicates it.

By the end of the workshop, you will leave feeling inspired, equipped, and confident to deliver dynamic, challenging, and results-driven mat Pilates classes. Whether you're looking to refresh your teaching style, expand your exercise library, or offer more advanced options to your clients, this CPD course will support your growth as a knowledgeable and impactful instructor.

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PRE & POST-NATAL CPD

Our Pre & Post-Natal Pilates CPD Course is designed for qualified instructors looking to confidently support clients through pregnancy and postnatal recovery.

This course is ideal for those already teaching Pilates, with a minimum of 30 hours of teaching experience and a Level 3 Mat Pilates qualification required prior to enrolment.

Before attending your face-to-face session, you will complete comprehensive online modules covering key considerations such as common health concerns, safe body positioning, and an in-depth pregnancy movement library.

During the course, you will develop the knowledge and skills needed to safely and effectively support both pre and post-natal clients within your classes. You will learn how to adapt classical Pilates exercises for pregnancy/post-natal, understand contraindications, and recognise when it is appropriate to refer clients on.

The postnatal component focuses on rebuilding strength and confidence, teaching you how to carry out a Pilates-appropriate assessment. This includes evaluating posture, abdominal function, pelvic floor considerations, and guiding clients safely back into exercise.

By the end of the course, you will feel equipped to create safe, supportive, and empowering environments for your pre and post-natal clients, enhancing both your offering and your impact as an instructor.

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PAYMENT OPTIONS

We believe financial barriers shouldn't stop passionate people from entering this industry.

That's why we offer flexible ways to join:

Option 1: Pay in Full
Secure your place instantly and save on admin fees.

Level 3 Mat Pilates Diploma - £1900

Reformer CPD - £900

Level 3 Mat Pilates & Reformer CPD Package - £2550

Pre & Post Natal CPD - £300

Advanced Mat CPD - £75

Barre CPD - £200

Option 2: Payment Plan
Split your investment into manageable monthly payments.

Level 3 Mat Pilates Diploma
(3 payments of £633.33 or 10 payments of £190)

Reformer CPD
(3 payments of £300 or 10 payments of £95)

Level 3 Mat Pilates & Reformer CPD Package
(3 payments of £850 or 10 payments of £275)

Pre & Post Natal CPD
(3 payments of £100)

Barre CPD
(3 payments of £67)

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Every journey is unique and we're here to make sure yours is possible.

UNDERSTANDING YOUR HYBRID CLASSROOM

Our training is designed to fit around real life giving you flexibility without compromising on quality or depth of learning.

Your course follows a hybrid learning model, combining in-person practical weekends with guided independent study.

In-Studio Learning
Your practical weekends take place inside our Studio 281 spaces, where you'll:

- Practice teaching in a real studio environment
- Learn hands-on cueing, regressions, and progressions
- Receive live feedback from expert tutors
- Build confidence leading real people through movement

This is where theory comes to life.

Independent & Supported Study
Alongside your in-person weekends, you'll complete theory modules, coursework, and self-study in your own time. You'll be fully supported with:

- Clear learning materials
- Tutor guidance
- Structured assessments
- A supportive student community

This flexible approach allows you to balance training alongside work, family, or other commitments.
Our hybrid classroom ensures you don't just learn Pilates, you understand it, embody it, and feel confident teaching it.

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PRIVATE TRAINING

At 281 Training Academy, we partner with studios to build confident teams and successful Pilates programmes.

Our Private Studio Training is designed for studios and wellness spaces looking to upskill their instructors, create consistent teaching standards, or confidently launch mat or Reformer Pilates within their business.

Who It's For

- Studios training or upskilling their existing team
- New studios preparing to launch Pilates or Reformer classes
- Studio owners seeking aligned, confident teaching across their timetable

What We Offer

We design and deliver bespoke training hosted inside your studio, tailored to your space, equipment, team and goals. Training can include mat or Reformer education, teaching standards, programming support, cueing, safety, and launch guidance.

Why Choose 281

- Training delivered by experienced instructors and studio owners
- Real-world, studio-ready education
- Tailored support, no generic templates
- Focused on confidence, quality and long-term success

To discuss private studio training or plan your bespoke programme, please email:
chloe@studio281.co.uk

We'd love to support your studio and help set your team up for success.

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FAQS

Do I need Pilates experience before joining the Level 3 course?
Not at all. You don't need any formal qualifications to begin, just a love for Pilates and a desire to help people move better. If you've taken classes before, that's a bonus, but we teach you everything from the ground up.

Is the Level 3 Mat Pilates course accredited?
Yes, your qualification is fully accredited by Transcend Awards and recognised across the UK fitness industry. You'll graduate with a respected, industry-standard certification that studios trust. It is recognised by CIMSPA and Ofqual.

How is the course delivered?
Our training blends in-studio learning with theory study. You'll attend three in-person weekend workshops, where you'll practice teaching, learn movement principles, explore anatomy, and build your confidence in real time.

How will I be assessed?
Assessment is built into the course with both practical and theoretical elements. You'll work with our Learner Support Tutors, receive feedback throughout, and be supported in developing your teaching skills.

Who will be teaching me?
You'll learn from experienced instructors who are actively teaching in the Pilates world. Our tutors bring real-world studio experience, deep knowledge, and a passion for mentoring the next generation of instructors.

What payment options are available?
We offer flexible payment: you can secure your place with a deposit, and then spread the rest of your tuition over 10 payments. See our pricing here.

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FAQS

Can I upgrade to include Reformer training?
Yes! When you book your Level 3 Mat course, you can add on our Reformer Pilates CPD.
Our Reformer CPD is designed for instructors who already hold a Level 3 Mat qualification.

Do I need to be Level 3 qualified to teach Reformer Pilates?
While there are no national standards mandating Level 3 for Reformer, most employers and insurers expect that you are qualified at Level 3 plus have further Reformer training.

Our Reformer CPD ensures you gain real, hands-on experience, teaching practice, and confidence on the bed.

FAQS

Will I be insured after training?
Yes once you complete your Level 3 Mat Pilates Diploma and practical assessment, you're in a strong position to get insurance. For Reformer, because there are no fixed national standards, your insurer will often require both your Level 3 qualification and proof of hands-on Reformer training, which our CPD provides.

What's required for the Reformer CPD course?
To complete the Reformer CPD:

- You'll attend a 2-day practical training on-site.
- You need to complete coursework beforehand, including logging 30 hours of personal Reformer practice.
- For assessment, you'll design a class plan and teach a 20-minute peer-led Reformer class.

How many people are in each cohort?
Spaces are limited because we keep the group small to ensure hands-on learning, safety, and quality mentoring.

What support will I have during training?
You'll be supported by dedicated Learner Support Tutors for your theory and practical work. We also encourage peer learning, observation, and feedback.
Plus, our team is made up of working instructors and studio owners so the guidance you receive is deeply rooted in real teaching.

Do you help with employment after the course?
We aim to guide you through the next steps of your career and offer mentorship, advice, and opportunities within our studios and network. Many of our graduates go on to teach with us.

NEXT STEPS

You're just a few steps away from starting a career filled with freedom, purpose, and the joy of helping others move and feel better, and we'd love to welcome you onto the course and support you as you begin your dream career in Pilates.

1. **Have Questions?**
If there's anything you'd like to talk through, course structure, dates, payment plans, or which pathway suits your vision, simply email chloe@studio281.co.uk.
We're always here to help.

2. Choose Your Cohort
When you know which cohort you'd like to enrol onto, drop Chloe a message with your chosen dates. We'll confirm availability and guide you through securing your place.

3. Secure Your Spot
Once your place is confirmed, you can pay your deposit or set up a payment plan. From here, you're officially on your way to becoming a certified Pilates instructor.

4. Receive Your Welcome Pack & Start Studying
You'll receive your pre-course materials, study guidance, and everything you need to feel confident and prepared before your first weekend of training.

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WHAT OUR STUDENTS SAY

“This course has honestly changed my life (I know that might seem a bit dramatic haha) but I’ve had a horrible year personally and becoming a Pilates instructor, meeting everyone and even learning about the human body has been a lovely distraction for me!

Every weekend has been amazing, I’ve always looked forward to them (even the assessment ones), you guys have been an amazing support and so welcoming!

I’ve even managed to hand my notice in at my job and I will just before Xmas!! I’ve managed to secure enough hours to do this full time from January and couldn’t be happier!
So thank you again.”

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WHAT OUR STUDENTS SAY

“After years of practicing mat Pilates on and off, I began my Reformer Pilates journey back in May this year at a time when my self-esteem was low, and I was feeling quite isolated while running two businesses on my own without a team or community. Discovering Pilates reignited a spark in me - it gave me a new sense of confidence and purpose. Before long, I found myself thinking, maybe I could do this as a job.

When it came to choosing where to train, the number of course providers out there could have easily felt overwhelming. But honestly, I didn’t even look beyond Studio 281’s Training Academy, partnered with Train 108. Having attended Georgia and the team’s spicy classes, seen the team’s energy and expertise on social media, and experienced the consistent quality across all the 281 studios, I knew this was where I wanted to learn. The fact that it’s local to me was just the icing on the cake!”

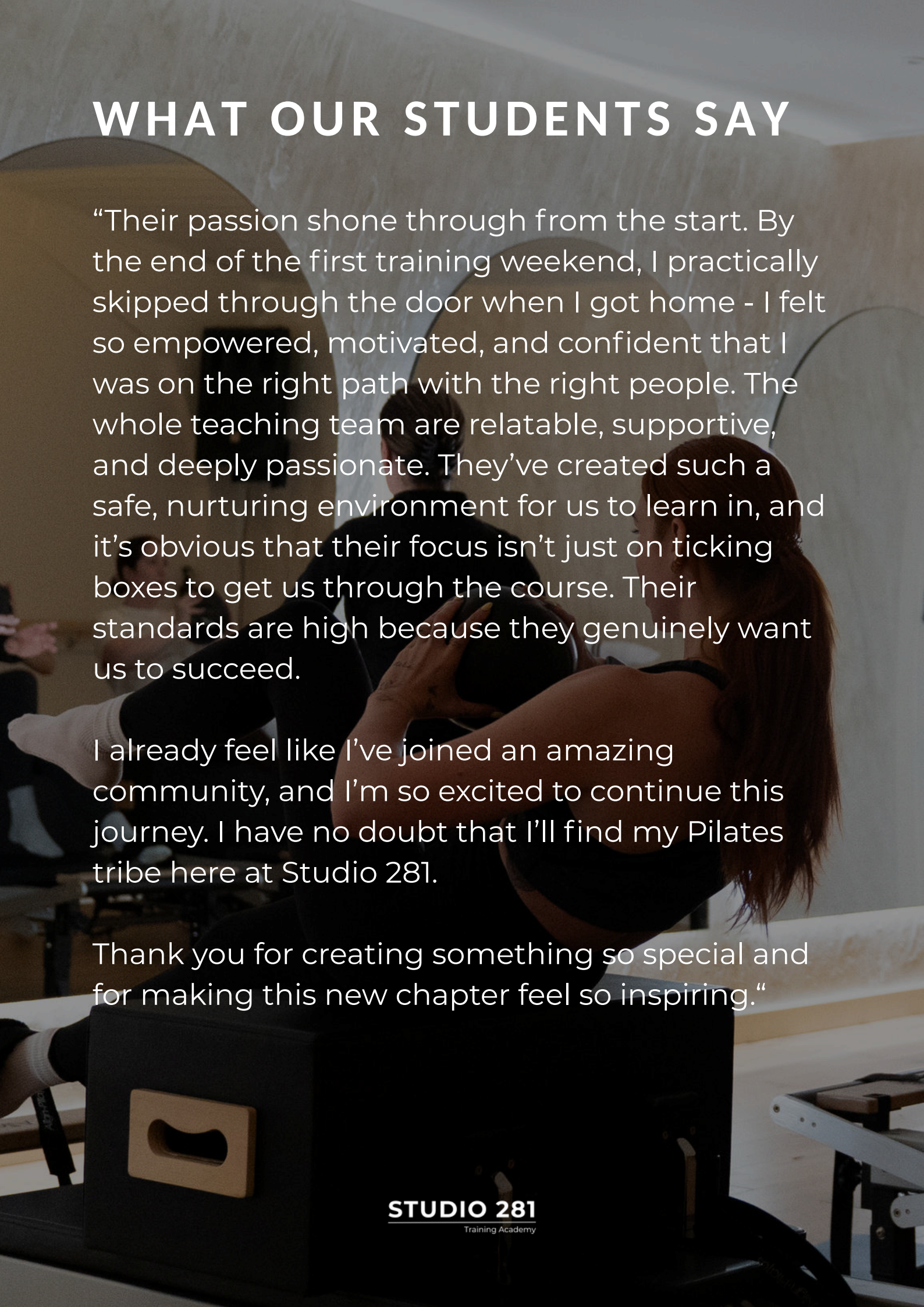
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WHAT OUR STUDENTS SAY

“On day one, I felt a little nervous - stepping back into education as an adult, especially when you’re established in other industries, can feel daunting. But as soon as everyone started arriving and Georgia, Tom, and Kerry gave their introductions and explained the course structure, any nerves disappeared. It was immediately clear that we were in incredibly capable hands with instructors who not only know their craft inside out but who genuinely care about sharing it. I even turned to the lady next to me at one point and said, “we’re in the right place, aren’t we?” - and she completely agreed.”

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WHAT OUR STUDENTS SAY

“Their passion shone through from the start. By the end of the first training weekend, I practically skipped through the door when I got home - I felt so empowered, motivated, and confident that I was on the right path with the right people. The whole teaching team are relatable, supportive, and deeply passionate. They’ve created such a safe, nurturing environment for us to learn in, and it’s obvious that their focus isn’t just on ticking boxes to get us through the course. Their standards are high because they genuinely want us to succeed.

I already feel like I’ve joined an amazing community, and I’m so excited to continue this journey. I have no doubt that I’ll find my Pilates tribe here at Studio 281.

Thank you for creating something so special and for making this new chapter feel so inspiring.“

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