

Why TrainDirect?

1. TrainDirect offer the most comprehensive range of Fitness Training and Professional Exercise courses throughout the UK
2. TrainDirect is Northern Irelands' only OCR (Oxford, Cambridge & RSA) approved private Fitness Training Provider.
3. TrainDirect are the only supplier of Fitness Training Courses nationally recognised and providing automatic entry onto REP's (Register of Exercise Professionals)
4. TrainDirect offers local councils and private companies tailored licence packages to suit all their fitness training needs
5. TrainDirect now employs more local trainer - consultants than any of their competitors
6. TrainDirect also provides job opportunities for students interested in a career in teaching
7. TrainDirect provide fast track learning and hands on process to becoming a complete Personal Trainer
8. TrainDirect are second to none when it comes to total customer satisfaction - " just ask our students"



TRAINDIRECT

YEAR PLANNER

2009 / 2010

ISSUE 22

SOME COURSE TIMETABLES MAY BE SUBJECT TO CHANGE

	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE	WED	THU	FRI	SAT	SUN	MON	TUE					
JUN	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30												
	VTCT LEVEL 3 DIPLOMA IN PERSONAL TRAINING (WEEK 4 OF 5) VTCT0409					CYO LEVEL 2 HEALTH RELATED EXERCISE FOR CHILDREN (WEEKEND 1 OF 3)		PORTFOLIO ASSESSMENTS & INTERNAL VERIFICATION					STUDIO CYCLING AWARD		VTCT LEVEL 3 DIPLOMA IN PERSONAL TRAINING (WEEK 5 OF 5) VTCT0409					CYO LEVEL 2 HEALTH RELATED EXERCISE FOR CHILDREN (WEEKEND 2 OF 3)		*VTCT LEVEL 3 CERTIFICATE IN SWEDISH MASSAGE					STABILITY BALL AWARD		VTCT LEVEL 3 DIPLOMA IN PERSONAL TRAINING (WEEK 1 OF 5) VTCT0609													
JUL			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31									
	VTCT LEVEL 3 DIPLOMA IN PERSONAL TRAINING (WEEK 1 OF 5) VTCT0609					CYO LEVEL 2 HEALTH RELATED EXERCISE FOR CHILDREN (WEEKEND 3 OF 3)		ISRM POOL PLANT OPERATORS CERTIFICATE					STUDIO CYCLING AWARD		VTCT LEVEL 3 DIPLOMA IN PERSONAL TRAINING (WEEK 2 OF 5) VTCT0609					CYO LEVEL 2 HEALTH RELATED EXERCISE FOR CHILDREN (WEEKEND 2 OF 2)		*VTCT LEVEL 3 CERTIFICATE IN SWEDISH MASSAGE					STABILITY BALL AWARD		VTCT LEVEL 3 DIPLOMA IN PERSONAL TRAINING (WEEK 1 OF 5) VTCT0609													
AUG						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
						CYO LEVEL 2 HEALTH RELATED EXERCISE FOR CHILDREN (WEEKEND 1 OF 3)		VTCT LEVEL 3 DIPLOMA IN PERSONAL TRAINING (WEEK 2 OF 2)					SPECIAL POPULATIONS WORKSHOP UNIQUE GROUPS		CERTIFICATE IN FIRST AID		OCR LEVEL 2 CERT IN GYM (WEEK 2 OF 2)					VTCT LEVEL 3 DIPLOMA IN SPORTS MASSAGE THERAPY (WEEK 1 OF 4)					CARDIO PUMP AWARD		VTCT LEVEL 3 DIPLOMA IN PERSONAL TRAINING (WEEK 3 OF 5) VTCT0708													
SEPT		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30											
	OCR LEVEL 3 ADVANCED GYM (WEEK 1 OF 2)					OCR LEVEL 2 EXERCISE TO MUSIC (WEEKEND 1 OF 3)		VTCT LEVEL 3 DIPLOMA IN PERSONAL TRAINING (WEEK 4 OF 5) VTCT0708							OCR LEVEL 3 ADVANCED GYM (WEEK 2 OF 2)					OCR LEVEL 2 EXERCISE TO MUSIC (WEEKEND 2 OF 3)		VTCT LEVEL 3 DIPLOMA IN PERSONAL TRAINING (WEEK 5 OF 5) VTCT0708							VTCT LEVEL 3 DIPLOMA IN SPORTS MASSAGE THERAPY (WEEK 2 OF 4)													
OCT			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31									
	VTCT LEVEL 3 DIPLOMA IN SPORTS MASSAGE THERAPY (WEEK 2 OF 4)					OCR LEVEL 2 EXERCISE TO MUSIC (WEEKEND 3 OF 3)									OCR LEVEL 3 ADVANCED GYM (WEEK 1 OF 2)					STABILITY BALL AWARD		VTCT LEVEL 3 DIPLOMA IN PERSONAL TRAINING (WEEK 1 OF 5) VTCT0609					CARDIO BOX AWARD		VTCT LEVEL 3 DIPLOMA IN SPORTS MASSAGE THERAPY (WEEK 3 OF 4)													
NOV						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30							
													STUDIO CYCLING AWARD		SPECIAL POPULATIONS WORKSHOP OVER 50'S		VTCT LEVEL 3 DIPLOMA IN PERSONAL TRAINING (WEEK 2 OF 5) VTCT0609					CORE STRENGTH & CONDITIONING WORKSHOP		VTCT LEVEL 3 DIPLOMA IN SPORTS MASSAGE THERAPY (WEEK 4 OF 4)					CARDIO KICK AWARD		VTCT LEVEL 3 DIPLOMA IN PERSONAL TRAINING (WEEK 3 OF 5) VTCT0708											
DEC		1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31										
						SPECIAL POPS WORKSHOP ANTE & POST NATAL		CERTIFICATE IN FIRST AID		*VTCT LEVEL 3 CERTIFICATE IN SWEDISH MASSAGE							VTCT LEVEL 3 DIPLOMA IN PERSONAL TRAINING (WEEK 4 OF 5) VTCT0708							VTCT LEVEL 3 DIPLOMA IN PERSONAL TRAINING (WEEK 5 OF 5) VTCT1008							OCR LEVEL 2 CERT IN GYM (WEEK 1 OF 2)											
JAN					1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							
								VTCT LEVEL 3 DIPLOMA IN PERSONAL TRAINING (WEEK 5 OF 5) VTCT1008					CARDIO PUMP AWARD		ISRM POOL PLANT OPERATORS CERTIFICATE					FREE WEIGHTS WORKSHOP		VTCT LEVEL 3 DIPLOMA IN PERSONAL TRAINING (WEEK 1 OF 5) VTCT0609					MIND, BODY & SOUL WORKSHOP		CYO LEVEL 2 HEALTH RELATED EXERCISE FOR CHILDREN (WEEKEND 1 OF 2)													
FEB	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28														
								VTCT LEVEL 3 DIPLOMA IN PERSONAL TRAINING (WEEK 2 OF 5) VTCT0609							OCR LEVEL 2 CERT IN GYM (WEEK 2 OF 2)					CYO LEVEL 2 HEALTH RELATED EXERCISE FOR CHILDREN (WEEKEND 2 OF 2)		VTCT LEVEL 3 DIPLOMA IN PERSONAL TRAINING (WEEK 4 OF 5) VTCT0708					CORE STRENGTH & CONDITIONING WORKSHOP		VTCT LEVEL 3 DIPLOMA IN PERSONAL TRAINING (WEEK 2 OF 5) VTCT0708													
MAR	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31											
								VTCT LEVEL 3 DIPLOMA IN PERSONAL TRAINING (WEEK 4 OF 5) VTCT0708					STABILITY BALL AWARD		VTCT LEVEL 3 DIPLOMA IN PERSONAL TRAINING (WEEK 5 OF 5) VTCT1008					CARDIO KICK AWARD		VTCT LEVEL 3 DIPLOMA IN PERSONAL TRAINING (WEEK 5 OF 5) VTCT1008					STUDIO CYCLING AWARD		OCR LEVEL 3 ADVANCED GYM (WEEK 1 OF 2)													
APR			1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30										
	OCR LEVEL 3 ADVANCED GYM (WEEK 1 OF 2)							VTCT LEVEL 3 DIPLOMA IN PERSONAL TRAINING (WEEK 1 OF 5) VTCT0609							OCR LEVEL 2 CERT IN GYM (WEEK 1 OF 2)							OCR LEVEL 3 ADVANCED GYM (WEEK 2 OF 2)					ADVANCED STUDIO CYCLING AWARD		VTCT LEVEL 3 DIPLOMA IN PERSONAL TRAINING (WEEK 2 OF 5) VTCT0609													

2009	JUNE 2009	JULY 2009	AUGUST 2009	SEPTEMBER 2009	OCTOBER 2009	NOVEMBER 2009	DECEMBER 2009	JANUARY 2010	FEBRUARY 2010	MARCH 2010	APRIL 2010	MAY 2010	2010	
	Sun Mon Tue Wed Thu Fri Sat	Sun Mon Tue Wed Thu Fri Sat	Sun Mon Tue Wed Thu Fri Sat	Sun Mon Tue Wed Thu Fri Sat	Sun Mon Tue Wed Thu Fri Sat	Sun Mon Tue Wed Thu Fri Sat	Sun Mon Tue Wed Thu Fri Sat	Sun Mon Tue Wed Thu Fri Sat	Sun Mon Tue Wed Thu Fri Sat	Sun Mon Tue Wed Thu Fri Sat	Sun Mon Tue Wed Thu Fri Sat	Sun Mon Tue Wed Thu Fri Sat		Sun Mon Tue Wed Thu Fri Sat
	7 8 9 10 11 12 13	5 6 7 8 9 10 11	30 31 1 2 3 4 5	6 7 8 9 10 11 12	4 5 6 7 8 9 10	1 2 3 4 5 6 7	8 9 10 11 12 13 14	6 7 8 9 10 11 12	31 1 2 3 4 5 6	7 8 9 10 11 12 13	7 8 9 10 11 12 13	4 5 6 7 8 9 10		30 31 1 2 3 4 5
	14 15 16 17 18 19 20	12 13 14 15 16 17 18	9 10 11 12 13 14 15	13 14 15 16 17 18 19	11 12 13 14 15 16 17	15 16 17 18 19 20 21	17 18 19 20 21 22 23	13 14 15 16 17 18 19	10 11 12 13 14 15 16	14 15 16 17 18 19 20	14 15 16 17 18 19 20	11 12 13 14 15 16 17		16 17 18 19 20 21 22
	21 22 23 24 25 26 27	19 20 21 22 23 24 25	16 17 18 19 20 21 22	20 21 22 23 24 25 26	18 19 20 21 22 23 24	22 23 24 25 26 27 28	20 21 22 23 24 25 26	22 23 24 25 26 27 28	20 21 22 23 24 25 26	21 22 23 24 25 26 27	21 22 23 24 25 26 27	18 19 20 21 22 23 24		23 24 25 26 27 28 29
	28 29 30	26 27 28 29 30 31	23 24 25 26 27 28 29	27 28 29 30	25 26 27 28 29 30 31	27 28 29 30 31	27 28 29 30 31	27 28 29 30 31	24 25 26 27 28 29 30	28 29 30 31	28 29 30 31	25 26 27 28 29 30		22 23 24 25 26 27 28 29