

COMPREHENSIVE PILATES TEACHER TRAINING SCHEDULE

MILESTONES

MIDTERM May 16-17, 2026 Sep 12-13, 2026 **EXAM REVIEW WRITTEN EXAM** Oct 17-19, 2026 PRACTICAL EXAM Oct 24, 2026

ROLLING LIVE ONLINE SESSIONS

1-2PM

EVERY IST SAT Case Study **EVERY 3RD SUN** Case Study

EVERY 2ND SAT Movement Workshop **EVERY 4TH SUN** Movement Workshop

Students must attend a minimum of 6 Case Study Sessions and 6 Movement Workshops over the entirety of the course

COURSE DATES

SAT 12-6:30 PM, SUN 9 AM-3:30 PM

An asterisk (*) indicates midterm included on this date.

PRINCIPLES OF

MODULE 4 May 16-17, 2026* **January 24-25, 2026 MOVEMENT**

February 14-15, 2026 **MODULE 5** July 11-12, 2026 **MODULE 1**

March 14-15, 2026 **MODULE 6** August 8-9, 2026 **MODULE 2**

April 18-19, 2026 September 12-13, 2026 MODULE 3 MODULE 7



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