

COMPREHENSIVE PILATES TEACHER TRAINING SCHEDULE

MILESTONES

MIDTERM Jun 6-7, 2026 Sep 12-13, 2026 **EXAM REVIEW** PRACTICAL EXAM Oct 25, 2026 **WRITTEN EXAM** Oct 17-19, 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

January 17-18, 2026 MODULE 4 Jun 6-7, 2026* **MOVEMENT**

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

March 21-22, 2026 **MODULE 6** August 8-9, 2026 **MODULE 2**

April 25–26, 2026 September 12-13, 2026 MODULE 3 MODULE 7



RUTH GORDON NCPT



CORE PT & PILATES 12720 Darby Brook Ct Woodbridge, VA 22192