

## MILESTONES

**MIDTERM** February 21-22, 2026 **EXAM REVIEW** June 13-14, 2026  
**FINAL EXAM** September 27, 2026

## ROLLING LIVE ONLINE SESSIONS

12-1 PM

**EVERY 1ST 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/SUN 7AM - 1PM

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

**PRINCIPLES OF  
MOVEMENT**

**August 9-10, 2025**

**MODULE 4 February 21-22, 2026\***

**MODULE 1 September 20-21, 2025**

**MODULE 5 March 28-29, 2026**

**MODULE 2 November 1-2, 2025**

**MODULE 6 May 2-3, 2026**

**MODULE 3 January 10-11, 2026**

**MODULE 7 June 13-14, 2026**



**THERESE CLEMENTI  
PT, COMT**



**STUDIO 1002 PILATES**  
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