

MILESTONES

MIDTERM	Feb 21-22, 2026	EXAM REVIEW	June 13-14, 2026
WRITTEN EXAM	Sep 19-21, 2026	PRACTICAL EXAM	Sep 27, 2026

ROLLING LIVE ONLINE SESSIONS

1-2PM

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 1:30-5:30PM, SUN 8AM-4:30PM

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

PRINCIPLES OF

MOVEMENT August 9-10, 2025

MODULE 4 February 21-22, 2026*

MODULE 1 September 27-28, 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



GRACE AUBLE
BFA, NCPT



WHITE CLOUD PILATES WEST
11414 Riverside Dr, Lakewood,
OH 44107