

COMPREHENSIVE PILATES TEACHER TRAINING SCHEDULE

MILESTONES			
MIDTERM	March 28-29, 2026	EXAM REVIEW	July 18-19, 2026
FINAL WRITTI	EN October 3-5, 2026	FINAL PRACTICAL	October 11, 2026
ROLLING LIVE ONLINE SESSIONS 12-1 PM			
EVERY IST SATCase StudyEVERY 3RD SUN Case StudyEVERY 2ND SATMovement WorkshopEVERY 4TH SUN Movement WorkshopStudents must attend a minimum of 6 Case Study Sessions and 6 Movement Workshops over the entirety of the course			
COURSE DATE	S	SAT 12-7 PM,	SUN 10 AM-3 PM
An asterisk (*) indicates midterm included on this date.			
PRINCIPLES O MOVEMENT	F September 20-21, 202	5 MODULE 4 Mai	[.] ch 28–29, 2026*
MODULE 1	November 1-2, 2025	MODULE 5 May	/ 2-3, 2026
MODULE 2	January 10-11, 2026	MODULE 6 Jun	e 13-14, 2026
MODULE 3	February 21-22, 2026	MODULE 7 July	<i>y</i> 18–19, 2026



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