

COMPREHENSIVE PILATES TEACHER TRAINING SCHEDULE

MILESTONES

June 13-14, 2026 **MIDTERM** Feb 21-22, 2026 **EXAM REVIEW**

Sep 5-7, 2026 WRITTEN EXAM PRACTICAL EXAM Sep 13, 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/SUN 12 - 6 PM

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

PRINCIPLES OF

February 21-22, 2026* **MODULE 4** August 9-10, 2025 **MOVEMENT**

September 20-21, 2025 MODULE 5 March 28-29, 2026 MODULE 1

November 1-2, 2025 MODULE 2 MODULE 6 May 2-3, 2026

January 10-11, 2026 MODULE 3 MODULE 7 June 13-14, 2026



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