

MILESTONES

MIDTERM	March 28-29, 2026	EXAM REVIEW	July 18-19, 2026
WRITTEN EXAM	October 3-5, 2026	PRACTICAL EXAM	October 11, 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 12-6 PM, SUN 9 AM-3 PM

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

PRINCIPLES OF MOVEMENT

September 6-7, 2025

MODULE 4 March 28-29, 2026*

MODULE 1 November 1-2, 2025

MODULE 5 May 2-3, 2026

MODULE 2 January 10-11, 2026

MODULE 6 June 6-7, 2026

MODULE 3 February 21-22, 2026

MODULE 7 July 18-19, 2026



LEXIE PALASCIANO
MFA, NCPT

NICE&TALL
The Original Joseph Pilates Studio

NICE & TALL
939 8th Ave, Unit 207
New York, NY 10019