

MILESTONES

MIDTERM	February 21-22, 2026	EXAM REVIEW	July 18-19, 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 12-5 PM, SUN 9 AM-3 PM

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

PRINCIPLES OF MOVEMENT July 26-27, 2025

Note different course time for Principles (Sat 1:30-8pm/Sun 8am-2:30pm)

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 February 21-22, 2026*



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**PILATES PLUS WELLNESS
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