

MILESTONES

MIDTERM June 6-7, 2026

WRITTEN EXAM Oct 17-19, 2026

EXAM REVIEW Sep 12-13, 2026

PRACTICAL EXAM Oct 24, 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/SUN 10:30am-5pm

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

**PRINCIPLES OF
MOVEMENT**

Jan 31 – Feb 1, 2026

MODULE 4 June 6-7, 2026*

MODULE 1

March 14-15, 2026

MODULE 5 July 11-12, 2026

MODULE 2

April 11-12, 2026

MODULE 6 August 8-9, 2026

MODULE 3

May 9-10, 2026

MODULE 7 September 12-13, 2026



ISABEL ARTIGUES CANO
NCPT

SOLMAR
PILATES + HOLISTIC WELLNESS

SOLMAR
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