

COMPREHENSIVE PILATES TEACHER TRAINING SCHEDULE

MILESTONES

Feb 13-14, 2027 FIRST SESSION Sep 19-20, 2026 **MIDTERM**

Jul 10-12, 2027 PRACTICAL EXAM Jul 17, 2027 **WRITTEN EXAM**

ROLLING LIVE ONLINE SESSIONS

12-1 PM CT

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 12-6:30pm/SUN 10:30am-5pm

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

PRINCIPLES OF

MODULE 4 February 13-14, 2027* September 19-20, 2026 **MOVEMENT**

October 10-11, 2026 **MODULE 1** MODULE 5 March 20-21, 2027

November 14-15, 2026 MODULE 6 April 24-25, 2027 MODULE 2

January 9-10, 2027 June 5-6, 2027 MODULE 7 MODULE 3



NICOLE RAGLIN NCPT



SYNERGY PILATES 307 N Mays Round Rock, TX 78664