



COMPREHENSIVE PILATES TEACHER TRAINING SCHEDULE

MILESTONES

MIDTERM May 30-31, 2026

EXAM REVIEW Sep 12-13, 2026

WRITTEN EXAM Oct 17-19, 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 10am-4pm/SUN 9am-3pm

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

**PRINCIPLES OF
MOVEMENT**

January 10-11, 2026

MODULE 4 May 30-31, 2026*

MODULE 1

February 14-15, 2026

MODULE 5 July 11-12, 2026

MODULE 2

March 21-22, 2026

MODULE 6 August 8-9, 2026

MODULE 3

April 11-12, 2026

MODULE 7 September 12-13, 2026



METTE HANSEN, NCPT



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