

MILESTONES

MIDTERM May 30–31, 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 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



GOTHAM PILATES

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