

MILESTONES

MIDTERM October 3-4, 2026

FINAL WRITTEN Apr 24-26, 2027

FINAL PRACTICAL May 1, 2027

ROLLING LIVE ONLINE SESSIONS

10AM-12PM

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 9AM-4:30PM / SUN 9AM-1:30PM

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

**PRINCIPLES OF
MOVEMENT** May 16-17, 2026

MODULE 4* October 3-4, 2026

MODULE 1 June 20-21, 2026

MODULE 5 November 7-8, 2026

MODULE 2 July 25-26, 2026

MODULE 6 January 9-10, 2027

MODULE 3 August 29-30, 2026

MODULE 7 February 20-21, 2027

GARY FOK



MAUREEN SHEA



J PILATES

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