

## MILESTONES

<b>FIRST SESSION</b>	Sep 19-20, 2026	<b>MIDTERM</b>	Feb 13-14, 2027
<b>WRITTEN EXAM</b>	Jul 10-12, 2027	<b>PRACTICAL EXAM</b>	Jul 17, 2027

## ROLLING LIVE ONLINE SESSIONS

12-1 PM CT

<b>EVERY 1ST SAT</b>	Case Study	<b>EVERY 3RD SUN</b>	Case Study
<b>EVERY 2ND SAT</b>	Movement Workshop	<b>EVERY 4TH SUN</b>	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 8am - 2:30pm

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

### PRINCIPLES OF MOVEMENT

**September 19-20, 2026**

**MODULE 4 February 13-14, 2027\***

### MODULE 1

**October 10-11, 2026**

**MODULE 5 March 20-21, 2027**

### MODULE 2

**November 14-15, 2026**

**MODULE 6 April 24-25, 2027**

### MODULE 3

**January 9-10, 2027**

**MODULE 7 June 5-6, 2027**



**THERESE CLEMENTI, NCPT**



**STUDIO 1002 PILATES**  
1002 W Diversey Pkwy  
Chicago, IL 60614