



FALL '26 NEW YORK CITY COMPREHENSIVE PILATES TEACHER TRAINING SCHEDULE

MILESTONES

MIDTERM FEB 13-14, 2026

FINAL WRITTEN JULY 10-12, 2027

FINAL PRACTICAL JULY 18, 2027

ROLLING LIVE ONLINE SESSIONS

1PM-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 12PM-6PM / SUN 9AM-3PM

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

PRINCIPLES OF

MOVEMENT SEPTEMBER 26-27, 2026

MODULE 4* FEBRUARY 13-14, 2027

MODULE 1 OCTOBER 17-18, 2026

MODULE 5 MARCH 20-21, 2027

MODULE 2 NOVEMBER 14-15, 2026

MODULE 6 APRIL 24-25, 2027

MODULE 3 JANUARY 16-17, 2027

MODULE 7 JUNE 5-6, 2027



**POLESTAR EDUCATOR
LEXIE PALASCIANO**

NICE&TALL
The Original Joseph Pilates Studio

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