



PILATES INSTRUCTOR TRAINING 2021

MOVEMENT PRINCIPLES (16 hours)

FEB 19th, 20th @ 12:30-6:30pm & FEB 21st @ 8-12pm

MAT 1 (16 hours)

MAR 12th, 13th @ 12:30-6:30pm & MAR 14th @ 8am-12pm

REFORMER 1 (16 hours)

MAR 26th, 27th @ 12:30-6:30pm & MAR 28th @ 8am-12pm

TRAPEZE TABLE, CHAIR & BARRELS 1 (14 hours)

APR 30th, MAY 1st @ 12:30-5:30pm & MAY 2nd @ 8am-12pm

MAT 2 (16 hours)

MAY 28th, 29th @ 12:30-6:30pm & MAY 30th @ 8am-12pm

REFORMER 2 (16 hours)

JUN 25th, 26th @ 12:30-6:30pm & JUN 27th @ 8am-12pm

TRAPEZE TABLE, CHAIR & BARRELS 2 (12 hours)

JUL 23rd, 24th @ 12:30-6:30pm

MAT 3 (16 hours)

AUG 6th, 7th @ 12:30-6:30pm & AUG 8th @ 8am-12pm

REFORMER 3 (16 hours)

AUG 20th, 21st @ 12:30-6:30pm & AUG 22nd @ 8am-12pm

TRAPEZE TABLE, CHAIR & BARRELS 3 (12 hours)

SEPT 10th, 11th @ 12:30-6:30pm



Pilates Comprehensive
AUTHORIZED TRAINING CENTER

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