



# PILATES INSTRUCTOR TRAINING 2021

## **MOVEMENT PRINCIPLES**

JUL 22nd, 23rd @ 8:30-5:30pm

## **MAT 1**

JUL 29th, 30th @ 8:30-5:30pm

## **REFORMER 1**

AUG 5th, 6th @ 8:30-5:30pm

## **TRAPEZE TABLE, CHAIR & BARRELS 1**

AUG 12th, 13th @ 8:30-4:30pm

## **MAT 2**

AUG 26th, 27th @ 8:30-5:30pm

## **REFORMER 2**

SEP 2nd, 3rd @ 8:30-5:30pm

## **TRAPEZE TABLE, CHAIR & BARRELS 2**

SEP 9th, 10th @ 8:30-3:30pm

## **MAT 3**

NOV 25th, 26th @ 8:30-5:30pm

## **REFORMER 3**

DEC 2nd, 3rd @ 8:30-5:30pm

## **TRAPEZE TABLE, CHAIR & BARRELS 3**

DEC 9th, 10th @ 8:30-3:30pm



Pilates Comprehensive  
AUTHORIZED TRAINING CENTER

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