



PILATES INSTRUCTOR TRAINING 2022

MOVEMENT PRINCIPLES

MAY 5th, 6th @ 8:30am-3:30pm, MAY 7th @ 1pm - 5pm

MAT 1

MAY 19th, 20th @ 8:30am-5:30pm

REFORMER 1

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

MAT 2

JUN 16th, 17th @ 8:30-5:30pm

REFORMER 2

JUN 30th, JUL 1st @ 8:30-5:30pm

MAT 3

AUG 11th, 12th @ 8:30-5:30pm

REFORMER 3

OCT 20th, 21st @ 8:30-5:30pm

TRAPEZE TABLE 1, 2, 3

NOV 10th, 11th, 17th @ 8:30-2:30pm

CHAIR 1, 2

DEC 1st, 2nd @ 8:30-3:30pm

BARRELS

DEC 8th @ 8:30-2:30pm



Pilates Comprehensive
AUTHORIZED TRAINING CENTER

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