



### MAT TRAINING

MOVEMENT PRINCIPLES  
JAN 12th, 13th & 14th

MAT 1  
JAN 19th, 20th & 21st

MAT 2  
MAR 15th, 16th & 17th

MAT 3  
MAY 17th, 18th & 19th



### REFORMER TRAINING

MOVEMENT PRINCIPLES  
JAN 12th, 13th & 14th

REFORMER 1  
FEB 16th, 17th & 18th

REFORMER 2  
APR 12th, 13th & 14th

REFORMER 3  
JUN 14th, 15th & 16th



### COMPREHENSIVE TRAINING

MOVEMENT PRINCIPLES  
JAN 12th, 13th & 14th

MAT 1  
JAN 19th, 20th & 21st

REFORMER 1  
FEB 16th, 17th & 18th

MAT 2  
MAR 15th, 16th & 17th

REFORMER 2  
APR 12th, 13th & 14th

MAT 3  
MAY 17th, 18th & 19th

REFORMER 3  
JUN 14th, 15th & 16th

TRAPEZE TABLE  
SEP 6th, 7th & 8th

CHAIR  
NOV 8th, 9th & 10th

BARRELS  
NOV 16th