

INTENSIVE TRAINING DATES

TRAINING TIMES:
Friday: 3:30 PM - 9:00 PM
Saturday: 1:00 PM - 6:30 PM
Sunday: 9:00 AM - 2:30 PM

INTENSIVE MAT <u>Fall 2026:</u> Day 1: September 18 Day 2: September 19 Day 3: September 20 Day 4: October 23 Day 5: October 24 Day 6: October 25 Day 7: November 20 Day 8: November 21	INTENSIVE MAT 2 <u>Fall 2026: (NEW)</u> Day 1: September 25 (bham) Day 2: September 26(bham) Day 3: September 27 (bham) Day 4: October 16 (bham) Day 5: October 17 (bham) Day 6: October 18 (bham) Day 7: November 13 (bham) Day 8: November 14 (bham)	INTENSIVE MAT <u>Winter 2027:</u> Day 1: January 22 Day 2: January 23 Day 3: February 6 Day 4: February 7 Day 5: February 26 Day 6: February 27 Day 7: March 19 Day 8: March 20	INTENSIVE MAT: <u>Spring 2027:</u> Day 1: April 9 Day 2: April 10 Day 3: April 24 Day 4: April 25 Day 5: May 14 Day 6: May 15 Day 7: June 11 Day 8: June 12	INTENSIVE MAT <u>SUMMER 2027:</u> Day 1: June 18 Day 2: June 19 Day 3: July 17 Day 4: June 18 Day 5: July 30 Day 6: July 31 Day 7: August 13 Day 8: August 14
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INTENSIVE REFORMER <u>Fall 2026:</u> Day 1: September 25 Day 2: September 26 Day 3: September 27 Day 4: October 16 Day 5: October 17 Day 6: October 18 Day 7: November 13 Day 8: November 14 Day 9: December 11 Day 10: December 12	INTENSIVE REFORMER <u>Winter 2027:</u> Day 1: January 8 Day 2: January 9 Day 3: January 29 Day 4: January 30 Day 5: February 20 Day 6: February 21 Day 7: March 12 Day 8: March 13 Day 9: April 3 Day 10: April 4	INTENSIVE REFORMER <u>Spring 2027:</u> Day 1: April 16 Day 2: April 17 Day 3: April 30 Day 4: May 1 Day 5: May 22 Day 6: May 23 Day 7: June 7 Day 8: June 8 Day 9: June 26 Day 10: June 27	INTENSIVE REFORMER <u>Summer 2027:</u> Day 1: June 25 Day 2: June 26 Day 3: July 9 Day 4: July 10 Day 5: July 24 Day 6: July 25 Day 7: August 6 Day 8: August 7 Day 9: August 21 Day 10: August 22
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CADILLAC <u>FALL 2026:</u> Day 1: October 2 Day 2: October 3 Day 3: October 4 Day 4: October 23 Day 5: October 24	CHAIR <u>2026:</u> Day 1: November 6 Day 2: November 7 Day 3: November 8	BARRELS <u>2026:</u> Day 1: December 11 Day 2: December 12
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CADILLAC <u>SPRING 2027:</u> Day 1: April 23 Day 2: April 24 Day 3: April 25 Day 4: May 14 Day 5: May 15	CHAIR <u>2027:</u> Day 1: June 4 Day 2: June 5 Day 3: June 6	BARRELS <u>2027:</u> Day 1: June 19 Day 2: June 20
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ADVANCED REFORMER: (1.8 CECs) <u>2026:</u> Day 1: October 9 (2:30-9pm) Day 2: October 10 (1-7:30pm) Day 3: October 11 (9-3:30pm)
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ADVANCED MAT (VIRTUAL): <u>2026:</u> Day 1: December 5 (9:30am-12:30pm) Day 2: December 6 (9:30am-12:30pm)

ADVANCED CADILLAC <u>2026:</u> DAY 1: October 17 (1-7:30pm)	ADVANCED CHAIR: <u>2026:</u> DAY 1: October 16 (2:30-5:30pm)	ADVANCED BARRELS: <u>2026:</u> DAY 1: October 16 (6-9pm)
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VIRTUAL FALL 2026 ANATOMY COURSE:

Weds & Thurs 6:15 - 9:15 PM

Fri: 4:00 - 7:00 PM

Day 1: September 23 (Weds)

Day 2: October 1 (Thurs)

Day 3: October 8 (Thurs)

Day 4: October 15 (Thurs)

Day 5: October 22 (Thurs)

Day 6: October 29 (Thurs)

Day 7: November 4 (Weds)

Day 8: November 6 (Fri)

Day 9: November 11 (Weds)

Day 10: November 18 (Weds)

RECHARGED PILATES

INTENSIVE MAT

Friday: 3:30 - 9:00 PM

Saturday/Sunday: 12:00 - 5:30 PM

Fall 2026:

Day 1: September 18

Day 2: September 19

Day 3: October 23

Day 4: October 24

Day 5: November 6

Day 6: November 7

Day 7: November 21

Day 8: November 22