

2026 TEACHER TRAINING CALENDAR

■ IN-PERSON

● VIRTUAL

APRIL

FRIDAY	SATURDAY	SUNDAY
Apr 24 ■ New ■ Movement Principles & Pilates Essentials 4–8pm	Apr 25 ■ Movement Principles & Pilates Essentials 1–7:30pm	Apr 26 ■ Movement Principles & Pilates Essentials 1–7:30pm

MAY

FRIDAY	SATURDAY	SUNDAY
May 1 ■ Reformer 1 4–8pm	May 2 ■ Reformer 1 1–7:30pm	May 3 ■ Reformer 1 1–7:30pm
May 15 ■ Anatomy 3D w/ Clay 1:30–7pm	May 16 ■ Anatomy 3D w/ Clay 12–7pm	May 17 ■ Anatomy 3D w/ Clay 11am–5pm
May 29 ■ Reformer 2 4–8pm	May 30 ■ Reformer 2 1–7:30pm	May 31 ■ Reformer 2 1–7:30pm

JUNE

FRIDAY	SATURDAY	SUNDAY
Jun 5 ● Anatomy for Movement Professionals 12–4pm	Jun 6 ● Anatomy for Movement Professionals 12–4pm	Jun 7 ● Anatomy for Movement Professionals 12–4pm
Jun 12 ■ New ■ Movement Principles & Pilates Essentials 10–4:30pm ■ Reformer 3 3–8pm	Jun 13 ● Movement Principles & Pilates Essentials 10–4:30pm ■ Reformer 3 1–7pm	Jun 14 ● Movement Principles & Pilates Essentials 10–4:30pm ■ Reformer 3 1–7pm
Jun 26 ● Mat 1 9am–6pm ■ ● CoreAlign 1: Foundations 1–6:30pm	Jun 27 ● Mat 1 9am–6pm ■ ● CoreAlign 1: Foundations 1–6:30pm	Jun 28 ■ ● CoreAlign 1: Foundations 1–6:30pm

JULY

FRIDAY	SATURDAY	SUNDAY
Jul 10 ● Mat 2 9am–6pm	Jul 11 ● Mat 2 9am–6pm	

FRIDAY	SATURDAY	SUNDAY
Jul 17 ● Reformer 1 9am–6pm	Jul 18 ● Reformer 1 9am–6pm	
Jul 24 ■● CoreAlign 2: Progressions 1–6:30pm	Jul 25 ■● CoreAlign 2: Progressions 1–6:30pm	Jul 26 ■● CoreAlign 2: Progressions 1–6:30pm

AUGUST

FRIDAY	SATURDAY	SUNDAY
Aug 7 ● Mat 3 9am–6pm	Aug 8 ● Mat 3 9am–6pm	
Aug 21 ● Reformer 2 9am–6pm	Aug 22 ● Reformer 2 9am–6pm	

SEPTEMBER

FRIDAY	SATURDAY	SUNDAY
Sep 4 ■New ■ Movement Principles & Pilates Essentials 4–8pm	Sep 5 ■● Movement Principles & Pilates Essentials 1–7:30pm	Sep 6 ■● Movement Principles & Pilates Essentials 1–7:30pm
Sep 11 ■● Mat 1 4–8pm ■ Adv. Movement: Lower Body 1–7:30pm	Sep 12 ■● Mat 1 1–7:30pm ■ Adv. Movement: Lower Body 1–7:30pm	Sep 13 ■● Mat 1 1–7:30pm ■ Adv. Movement: Lower Body 1–7:30pm
Sep 18 ■● Mat 2 4–8pm	Sep 19 ■● Mat 2 1–7:30pm	Sep 20 ■● Mat 2 1–7:30pm
Sep 25 ■● Mat 3 4–8pm	Sep 26 ■● Mat 3 1–7:30pm	Sep 27 ■● Mat 3 1–7:30pm

OCTOBER

FRIDAY	SATURDAY	SUNDAY
Oct 2 ■ Reformer 1 4–8pm ■ Adv. Movement: Upper Body 1–7:30pm	Oct 3 ■ Reformer 1 1–7:30pm ■ Adv. Movement: Upper Body 1–7:30pm	Oct 4 ■ Reformer 1 1–7:30pm ■ Adv. Movement: Upper Body 1–7:30pm
Oct 16 ■ Reformer 2 4–8pm ■ Anatomy 3D w/ Clay 1–7:30pm	Oct 17 ■ Reformer 2 1–7:30pm ■ Anatomy 3D w/ Clay 12–7pm	Oct 18 ■ Reformer 2 1–7:30pm ■ Anatomy 3D w/ Clay 11am–5pm

FRIDAY	SATURDAY	SUNDAY
Oct 23 ■ Reformer 3 4–8pm	Oct 24 ■ Reformer 3 1–7:30pm	Oct 25 ■ Reformer 3 1–7:30pm

NOVEMBER

FRIDAY	SATURDAY	SUNDAY	MONDAY
Nov 6 ■ Cadillac/Trapeze/Tower 3–8pm	Nov 7 ■ Cadillac/Trapeze/Tower 1–8pm	Nov 8 ■ Cadillac/Trapeze/Tower 1–8pm	
Nov 13 ■ Springboard 1–7pm	Nov 14 ■ Chair 1–8pm	Nov 15 ■ Chair 1–8pm	Nov 16 ■ Barrels 1–7pm