

Apprentice Program Dates

Wednesday January 12th 7-9 pm
New student orientation

Friday January 13 – Sunday January 15

1/13- 12-5

1/14 – 9-5

1/15 – 10-3

Mat Pilates / Arc Barrel

Friday February 24 – Sunday February 26

2/24 – 12-5

2/25 – 9-5

2/26 – 10-3

Pilates Reformer Level 1

Friday May 5 – Sunday May 7

5/5 – 12-5

5/6 – 9-5

5/7 – 10-3

Pilates Reformer Level 2

Friday July 14 – Sunday July 16

7/14 – 12-5

7/15 – 9-5

7/16 – 10-3

Pilates Reformer Level 3/Trapeze

Friday September 22 – Sunday September 24

9/22 – 12-5

9/23 – 9-5

9/24 10-3

Chair/Trapeze

PMA Study Session TBA – 2 hours