



Pilates Academy International Weekend Courses 2012

Anatomy Biomechanics & Posture Review

Start: Feb 17th

End: Feb 19th

One Friday: 3pm-6pm

Weekends: 10am-2pm

Start: Aug 10th

End: Aug 12th

One Friday : 3pm-6pm

Weekends: 10am-2pm

All Populations Mat

Start: Feb 24th

End: March 11th

One Friday: 3pm-7pm

Weekends: 10am-3pm

Start: Aug 17th

End: Sept 2nd

One Friday: 3pm-7pm

Weekends: 10am-3pm

All Populations Reformer

Start: March 23rd

(EXCLUDING EASTER WEEKEND)

End: April 22nd

One Friday: 3pm-7pm

Weekends: 10am-3.30pm

Start: July 6th

End: July 29th

One Friday: 3pm-7pm

Weekends: 10am-3.30pm

All Populations Cadillac and Tower

Start: Sept 7th

End: Sept 30th

One Friday: 3pm-7pm

Weekends: 10am-3pm

All Populations Chair

Start: June 22nd

End: June 24th

One Friday: 3pm-7pm

Weekends: 10am-3pm

Start: Oct 26th

End: Oct 28th

One Friday: 3pm-7pm

Weekends: 10am-3pm

All Populations Barrels

Start: June 2nd

End: June 3rd

Weekends: 10am-3pm

Mat Progressions Challenges

Date: Oct 6

Weekends: 10am-3pm

Reformer Progressions Challenges

Start: May 19th

End: May 27th

Weekends: 10am-3pm

Cadillac and Tower Progressions Challenges

Start: Oct 13th

End: Oct 14th

Weekends: 10am-3pm

Chair Progressions Challenges

Date: Nov 3rd

Sat: 10am-3pm

Barrels Progressions Challenges

Date: June 9th

Weekends: 10am-3pm