

EDUCATION CALENDAR

Gatineau, 2023



Get certified as a Body Harmonics Pilates teacher and become a sought-after Pilates & Movement professional.

Delivery method: In-person at Pilates Vitalité: 225, boul. de la Gappe, Gatineau, Québec, J8T 7Y3

ANATOMY FOR MOTION

Feb 2, Thurs, 3–9pm

PILATES LEVEL 1: MAT

Module 1: Feb 3, 4, 5 (Fri, 3–9pm, Sat & Sun, 9am–3pm)

Module 2: Feb 24, 25, 26 (Fri, 3–9pm, Sat & Sun, 9am–3pm)

Module 3: Mar 10, 11, 12 (Fri, 3–9pm, Sat & Sun, 9am–3pm)

Module 4: Mar 31, Apr 1 (Fri, 3–9pm, Sat, 9am–3pm)

Online written exam: Apr 15–16 (all day)

Practical exam: May 6 (Sat, 9am–12pm)

PILATES LEVEL 2: REFORMER

Module 1: Mar 24, 25, 26 (Fri, 3–9pm, Sat & Sun, 10am–3pm)

Module 2: Apr 21, 22, 23 (Fri, 3–9pm, Sat & Sun, 10am–3pm)

Module 3: May 12, 13, 14 (Fri, 3–9pm, Sat & Sun, 10am–3pm)

Module 4: Jun 2, 3, 4 (Fri, 3–9pm, Sat & Sun, 10am–3pm)

Additional virtual hours: Jun 8, 22, 29, Jul 6, 13, 20, 27, Aug 3 (Thurs, 6–8pm)

Online written exam: Jul 8–9 (all day)

Practical exam: Aug 26 (Sat, 9am–12pm)

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Note: All courses are delivered in French