

EDUCATION CALENDAR

California, 2024



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

Dip your foot into a new subject area or fine-tune your teaching skills with our Pilates & Movement Continuing Education courses that will inspire you to be the best teacher and mover you can be.

PILATES LEVEL 1: MAT

NOTE: The scheduled hours include the pre-requisite course, Anatomy for Motion.

Module 1: Jan 5-7 (Fri-Sun, 12-7pm)

Module 2: Jan 26-28 (Fri-Sun, 12-7pm)

Module 3: Feb 9-11 (Fri-Sun, 12-6pm)

Module 4: Mar 2-3 (Sat-Sun, 12-6pm)

Online written exam: Mar 9-10 (all weekend access)

In-person practical exam: Mar 15 (Fri, 12-6pm)

PILATES LEVEL 2: REFORMER

Module 1: Apr 5-7 (Fri-Sun, 12-6pm)

Module 2: Apr 26-28 (Fri-Sun, 12-6pm)

Module 3: May 17-19 (Fri-Sun, 12-6pm)

Module 4: Jun 7-9 (Fri-Sun, 12-6pm)

Online written exam: Jul 13-14 (all weekend access)

In-person practical exam: Aug 9 (Fri, 12-6pm)

PILATES LEVEL 3: CADILLAC CHAIR SPRINGBOARD BARRELS

Module 1: Sep 20-22 (Fri-Sun, 12-6pm)

Module 2: Oct 18-20 (Fri-Sun, 12-6pm)

Module 3: Nov 15-17 (Fri-Sun, 12-6pm)

Module 4: Dec 13-15 (Fri-Sun, 12-6pm)

Online written exam: Jan 11-12, 2025 (all weekend access)

In-person practical exam: Mar 1, 2025 (Sat, 12-6pm)

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