

EDUCATION CALENDAR

Collingwood, 2024



PILATES LEVEL 2: REFORMER

Mod 1: Jan 12–14 (Fri, 1–7pm, Sat, 11am–5pm, Sun, 10am–4pm)
Mod 2: Feb 2–4 (Fri, 1–7pm, Sat, 11am–5pm, Sun, 10am–4pm)
Mod 3: Feb 23–25 (Fri, 1–7pm, Sat, 11am–5pm, Sun, 10am–4pm)
Mod 4: Mar 15–17 (Fri, 1–7pm, Sat, 11am–5pm, Sun, 10am–4pm)

Written exam preparation labs: Mar 28, Apr 4, Apr 11
(Thur, 7–8:30pm, live online via Zoom)

Practical exam preparation lab: Jun 2 (Sun, 12–4pm, in-person)

Online written exam: Apr 13–14 (all weekend access)

In-person practical exam: Jun 22 (Sat, 1:30–4:30pm)

Note: The practical exam will be held at Body Harmonics:
672 Dupont Street, Suite 406, Toronto ON M6G 1Z6.

ANATOMY FOR MOTION

Anatomy for Motion is the pre-requisite for our Pilates Comprehensive Track program.

Dates/Time: Sat, Mar 9, 10am–4pm

PILATES LEVEL 1: MAT

Mod 1: Mar 22–24 (Fri, 1–7pm, Sat, 11am–5pm, Sun, 10am–4pm)
Mod 2: Apr 12–14 (Fri, 1–7pm, Sat, 11am–5pm, Sun, 10am–4pm)
Mod 3: Apr 26–28 (Fri, 1–7pm, Sat, 11am–5pm, Sun, 10am–4pm)
Mod 4: May 10–11 (Fri, 1–7pm, Sat, 11am–5pm)

Online written exam: May 18–19 (all weekend access)

In-person practical exam: May 26 (Sun, times TBD)

PILATES LEVEL 2: REFORMER

Mod 1: Jun 7–9 (Fri, 1–7pm, Sat, 11am–5pm, Sun, 10am–4pm)
Mod 2: Jul 5–7 (Fri, 1–7pm, Sat, 11am–5pm, Sun, 10am–4pm)
Mod 3: Aug 9–11 (Fri, 1–7pm, Sat, 11am–5pm, Sun, 10am–4pm)
Mod 4: Sep 6–8 (Fri, 1–7pm, Sat, 11am–5pm, Sun, 10am–4pm)

Written exam preparation labs: Sep 19, Sep 26, Oct 3
(Thur, 5:30–7:30pm, live online via Zoom)

Practical exam preparation lab: Jun 2 (Sun 12–4pm, in-person)

Online written exam: Apr 13–14 (all weekend access)

In-person practical exam: Jun 22 (Sat, 1:30–4:30pm)

Note: The practical exam will be held at Body Harmonics:
672 Dupont Street, Suite 406, Toronto ON M6G 1Z6.

ANATOMY FOR MOTION

Anatomy for Motion is the pre-requisite for our Pilates Comprehensive Track program.

Dates/Time: Sat, Sep 21, 10am–4pm

PILATES LEVEL 1: MAT

Mod 1: Sep 27–29 (Fri, 1–7pm, Sat, 11am–5pm, Sun, 10am–4pm)
Mod 2: Oct 4–6 (Fri, 1–7pm, Sat, 11am–5pm, Sun, 10am–4pm)
Mod 3: Oct 18–20 (Fri, 1–7pm, Sat, 11am–5pm, Sun, 10am–4pm)
Mod 4: Nov 2–3 (Sat, 11am–5pm, Sun, 10am–4pm)

Online written exam: Nov 9–10 (all weekend access)

In-person practical exam: Nov 17 (Sun times TBD)

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