

## BECOME A CERTIFIED PILATES TEACHER

### PILATES LEVEL 1: MAT, WINTER/SPRING TERM

Delivery platform: In-Person at [Coastal Pilates](#)

Module 1: Feb 24–25 (Sat, 1–8pm & Sun, 11am–6pm)

Module 2: Mar 2–3 (Sat, 1–8pm & Sun, 11am–6pm)

Module 3: Mar 9–10 (Sat, 1–8pm & Sun, 11am–6pm)

Module 4: Mar 23–24 (Sat, 1–8pm & Sun, 11am–6pm)

Module 5: Apr 6–7 (Sat, 1–8pm & Sun, 11am–6pm)

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

Online practical exam: Apr 20 (Sat, 10am–1:30pm)

### PILATES LEVEL 1: MAT, FALL TERM

Delivery platform: In-Person at [Coastal Pilates](#)

Module 1: Sep 13–15 (Fri & Sat, 1–7pm, Sun, 12–6pm)

Module 2: Sep 27–29 (Fri & Sat, 1–7pm, Sun, 12–6pm)

Module 3: Oct 11–13 (Fri & Sat, 1–7pm, Sun, 12–6pm)

Module 4: Oct 25–27 (Fri & Sat, 1–7pm, Sun, 12–6pm)

Online written exam: Nov 2–3 (all day access)

Online practical exam: Nov 9 (Sat, 10am–1:30pm)

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