

# SCHEDULE

## **Level 1 - Basics**

Lecture-	Friday, November 4 <sup>th</sup> Saturday, November 5 <sup>h</sup>	10:30 a.m. – 3:30 p.m. 10:30 a.m. – 3:30 p.m.
Lab 1a	Saturday, Nov 12 <sup>th</sup>	11:00 a.m. – 1:00 p.m.
Lab 1b	Saturday, Nov 19 <sup>th</sup>	11:00 a.m. – 1:00 p.m.
Anatomy 1	Saturday, Dec 3 <sup>rd</sup>	11:30 a.m. – 1:30 p.m.
Lab 1c	Saturday, Dec 10 <sup>th</sup>	11:00 a.m. – 1:00pm
Apprenticeship Study -	120 hrs in studio, own time	
Basics Test -	Wednesday, January 4 <sup>th</sup>	8:00 p.m. Deadline

## **Intermediate**

Lecture-	Friday, Jan 6 <sup>th</sup> Saturday, Jan 7 <sup>th</sup>	10:30 a.m. – 3:30 p.m. 10:30 a.m. – 3:30 p.m.
Lab 2a	Saturday, Jan 14 <sup>th</sup>	11:00 a.m. – 1:00 p.m.
Lab 2b	Saturday, Jan 21 <sup>st</sup>	11:00 a.m. – 1:00 p.m.
Anatomy 2	Saturday, Jan 28 <sup>th</sup>	11:30 a.m. - 2:00 p.m.
Lab 2b	Saturday, Feb 11 <sup>th</sup>	11:00 a.m. - 1:00 p.m.
Apprenticeship Study –	120 hrs in studio, own time	
Level II Test –	Wednesday, March 7 <sup>th</sup>	8:00 p.m. Deadline

**Advanced**

Lecture –	Friday, March 9th Saturday, March 10th	10:30 a.m. – 3:30 p.m. 10:30 a.m. – 3:30 p.m.
Lab 3a	Saturday, March 17th	11:00 a.m. – 1:00 p.m.
Lab 3b	Saturday, March 24th	11:00 a.m. - 1:00 p.m.
Anatomy 3	Saturday, March 31st	11:30 a.m. – 2:00 p.m.
Lab 3c	Saturday, April 7th	11:00 a.m. - 1:00 p.m.
Apprenticeship Study –	120 hrs in studio, own time	
Level III Test –	Wednesday, May 2nd	8:00 p.m. Deadline
<b>Pilates Modifications, spotting, group class Lecture:</b>	Saturday, May 4th Sunday, May 5th	11:00 a.m. – 4:00 p.m. 11:00 a.m. – 2:00 p.m.
<b>FINAL:</b>	Saturday June 9th	Deadline for Written, AND Practical Final Date (schedule times)