

INTENSIVE MAT-PLUS

(IMP 8-day course)

WINTER

Jan 18, 19, 20 | Feb 2 & 3 | Feb 22, 23, 24

SUMMER

May 3, 4, 5 | MAY 17, 18, 19 | June 1 & 2

FALL

Sept 4, 5, 6, 7, 8 | Oct 4, 5, 6

INTENSIVE REFORMER

(IMP 10-day course)

SPRING

Mar 1, 2, 3 | Mar 15, 16, 17 | Mar 30 & 31 | Apr 13 & 14

SUMMER

Aug 2, 3, 4 | 16, 17, 18 | Sept 14, 15 | Sept 21, 22

FALL

Oct 25, 26, 27 | Nov 15, 16, 17 | Dec 7, 8 | Dec 14, 15

INTENSIVE BARRELS

(IBRL 2-day course)

WINTER

FEB 9 & 10

FALL

OCT 19 & 20

INTENSIVE CADILLAC

(ICAD 5-day course)

SPRING

April 5, 6, 7 | April 27, 28

FALL

Sept 27, 28, 29 | Oct 12, 13

INTENSIVE CHAIR

(ICHR 3-day course)

SUMMER

June 7, 8, 9

FALL

Nov 8, 9, 10

ADVANCED CHAIR & BARRELS

(1/2-day courses)

SUMMER

Aug 11

ADVANCED CADILLAC

(1-day course)

SUMMER

Aug 10

ADVANCED MAT

(AM 1-day course)

SUMMER

July 20

ADVANCED REFORMER

(AR 3-day course)

SUMMER

July 21 | July 27, 28

INJURIES & SPECIAL POPULATIONS

(4-day course)

Course equips you with the skills required to address a broad range of physical challenges among your clients

SUMMER

July 11, 12, 13, 14

FASCIAL MOVEMENT TRAINING

(3-day course)

Increase your anatomy understanding & explore latest research on the neuromyofascial skeletal system

WINTER

March 22, 23, 24

SUMMER

June 28, 29, 30

ANATOMY 101

(2 hour workshop \$50.00)

Friday, January 8, 10:30 - 12:30pm

Thursday, March 28, 6:00 - 8:00pm

CEC WORKSHOPS

(2 hour workshops \$125)

Saturday, January 26

Athletic Conditioning on the V2 Max Plus Reformer,
Level 1 Workshop
Springboard Workshop

Saturday, May 11

3 workshops TBD

Sunday, December 1

3 workshops TBD

Register at: <http://bluesparrowpilates.com/teacher-training/registration/>