



2019 EDUCATION SCHEDULE

Winter

INTENSIVE REFORMER

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

FASCIAL MOVEMENT TRAINING

FRI 3:00pm-7:00pm | SAT 12:30pm-7:30pm | SUN 9:00am-4:00pm

March 22, 23, 24

Spring

INTENSIVE CADILLAC

April 5, 6, 7 | April 27, 28

Break Through Exam Fear: Group Exam Prep

12:00-3:00pm

May 11

Summer

INTENSIVE MAT-PLUS

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

INTENSIVE CHAIR

June 7, 8, 9

CONTINUING EDUCATION WORKSHOPS

12:15-2:15pm Mini Stability Ball Workout
2:30-4:30pm Maximize Revenue with Circuit Classes
4:45-6:45pm Twist Ball

June 22

FASCIAL MOVEMENT TRAINING

FRI 3:00pm-7:00pm | SAT 12:30pm-7:30pm | SUN 9:00am-4:00pm

June 28, 29, 30

Course details & descriptions online www.bluesparrowpilates.com/teacher-training/



Register online www.bluesparrowpilates.com
education@bluesparrowpilates.com
(415) 398-4425



2019 EDUCATION SCHEDULE

INJURIES & SPECIAL POPULATIONS

THUR/FRI/SAT 12:00pm-7:00pm | SUN 9:00am-3:00pm

July 11, 12, 13, 14

ADVANCED MAT

July 20

ADVANCED REFORMER

July 21 | July 27, 28

INTENSIVE REFORMER

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

ADVANCED CADILLAC, CHAIR & BARRELS

Aug 10 & 11

Fall

INTENSIVE MAT-PLUS

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

INTENSIVE CADILLAC

Sept 27, 28, 29 | Oct 12, 13

INTENSIVE BARRELS

OCT 19 & 20

INTENSIVE REFORMER

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

INTENSIVE CHAIR

Nov 8, 9, 10

CONTINUING EDUCATION WORKSHOPS

Fall Conference: *6 workshops over two days*

Nov 23 & 24

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