

fflowPILATES

2024 Comprehensive Certification Schedule

Date	Time	Lecture	Instructor
3/15	3pm - 4pm	Introduction	Josandra & Sierra
3/15	4pm - 8pm	Anatomy	Megan Wise
3/16	3:30pm - 7:30pm	Anatomy	Megan Wise
3/22 & 3/23		No Lectures	
3/29	3:30pm - 7:30pm	Biomechanics & Frundamentals	Josandra
3/30	3:30pm - 7:30pm	Biomechanics & Frundamentals	Josandra
4/5 & 4/6		No Lectures	
4/12	3:30pm - 7:30pm	Mat 1	Michelle Peralta
4/13	3:30pm - 7:30pm	Mat 2	Michelle Peralta
4/19 & 4/20		No Lectures	
4/27	3:30pm - 7:30pm	MAT TEST	Josandra & Sierra
5/3	3:30pm - 7:30pm	Reformer 1	Julia Sloane
5/4	3:30pm - 7:30pm	Reformer 1	Julia Sloane
5/10 & 5/11		No Lectures	
5/17	3:30pm - 7:30pm	Reformer 2	Natalie Braha
5/18	3:30pm - 8:30pm	Reformer 3	Natalie Braha
5/24 & 5/25		No Lectures	*Memorial Day
5/31	3:30pm - 7:30pm	Contemporary Reformer/Props	Sierra Hendrix
6/1	3:30pm - 7:30pm	Contemporary Reformer/Props	Sierra Hendrix
6/7 & 6/8		No Lectures	
6/14 & 6/15		No Lectures	
6/22	3:30pm - 7:30pm	REFORMER TESTS	Josandra & Sierra
6/28	3:30pm - 7:30pm	Cadillac 1	Sydney Hale
6/29	3:30pm - 7:30pm	Cadillac 2	Sydney Hale
7/5 & 7/6		No Lectures	
7/12	3:30pm - 7:30pm	Advanced Cadillac	Sierra Hendrix
7/13	3:30pm - 7:30pm	Contemporary Cadillac	Sierra Hendrix
7/19 & 7/20		No Lectures	
7/27	3:30pm - 7:30pm	Springboard	Kiley Fisher
8/2	3:30pm - 7:30pm	Body Reading	Sydney Hale
8/3	3:30pm - 7:30pm	Body Reading	Sydney Hale
8/9 & 8/10		No Lectures	
8/16 & 8/17		No Lectures	
8/24	3:30pm - 7:30pm	Cadillac Test	Josandra & Sierra
8/30 & 8/31		No Lectures	
9/6	3:30pm - 7:30pm	Chair/Barrels	Sierra Hendrix
9/7	3:30pm - 7:30pm	Chair/Barrels	Sierra Hendrix
9/13 & 9/14		No Lectures	
9/20	3:30 pm - 7:30pm	Pre/Postnatal	Kit McDaniels
9/21	3:30 pm - 7:30pm	Pre/Postnatal	Kit McDaniels
9/27 & 9/28		No Lectures	
10/4	3:30 pm - 7:30pm	Back/Shoulder/Neck Injuries	Josandra
10/5	3:30 pm - 7:30pm	Back/Shoulder/Neck Injuries	Josandra
10/11 & 10/12		No Lectures	
10/18 & 10/19		No Lectures	
10/25	3:30 pm - 7:30pm	Hip/Knee/Foot Injuries	Sydney Hale
10/26	3:30 pm - 7:30pm	Hip/Knee/Foot Injuries	Sydney Hale
November/December		FINAL TEST	