

Pilates DNA Teacher Training Schedule 2020

Module 1

Workshop Weekend – Strong Body Pilates

Day/Date	First Session	Second Session
Friday, January 24, 2020	2:00 pm – 5:00 pm	
Saturday, January 25, 2020	12:00 pm – 3:00 pm	4:00 pm – 7:00 pm
Sunday, January 26, 2020	12:00 pm – 3:00 pm	4:00 pm – 7:00 pm

Review Sessions – Strong Body Pilates

Saturday, February 15, 2020	1:00 pm – 3:00 pm	
Saturday, February 29, 2020	1:00 pm – 3:00 pm	

Anatomy & Movement Workshop – Westwood Pilates

Saturday, March 28, 2020	1:00 pm – 3:30 pm	
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Module 2

Workshop Weekend – Westwood Pilates

Day/Date	First Session	Second Session
Friday, April 17, 2020	2:00 pm – 5:00 pm	
Saturday, April 18, 2020	12:00 pm – 3:00 pm	4:00 pm – 7:00 pm
Sunday, April 19, 2020	12:00 pm – 3:00 pm	4:00 pm – 7:00 pm

Review Sessions – Westwood Pilates

Saturday, May 9, 2020	1:00 pm – 3:00 pm	
Saturday, May 30, 2020	1:00 pm – 3:00 pm	

Teaching Skills Workshop – Strong Body Pilates

Saturday, June 6, 2020	1:00 pm – 3:30 pm	
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Pilates DNA Teacher Training Schedule 2020

Module 3

Workshop Weekend – Strong Body Pilates

Day/Date	First Session	Second Session
Friday, July 10, 2020	2:00 pm – 5:00 pm	
Saturday, July 11, 2020	12:00 pm – 3:00 pm	4:00 pm – 7:00 pm
Sunday, July 12, 2020	12:00 pm – 3:00 pm	4:00 pm – 7:00 pm

Review Sessions Strong Body Pilates

Saturday, July 25, 2020	1:00 pm – 3:00 pm	
Saturday, August 8, 2020	1:00 pm – 3:00 pm	

Pushes, Pulls & Spotting Workshop – Westwood Pilates

Day/Date	First Session	Second Session
Saturday, August 29, 2020	1:00 pm – 4:00 pm	

Module 4

Workshop Weekend – Westwood Pilates

Day/Date	First Session	Second Session
Friday, October 2, 2020	2:00 pm – 5:00 pm	
Saturday, October 3, 2020	12:00 pm – 3:00 pm	4:00 pm – 7:00 pm
Sunday, October 4, 2020	12:00 pm – 3:00 pm	4:00 pm – 7:00 pm

Review Sessions – Westwood Pilates

Saturday, November 7, 2020	1:00 pm – 3:00 pm	
Saturday, November 21, 2020	1:00 pm – 3:00 pm	

All other required hours will be scheduled according to teacher and student schedules.