

COURSE TIMETABLE.

Thirteen weeks from orientation to certification — mat, reformer, props and practice teaching, held at Villa Pilates Carlton.

■ TRAINING SESSIONS ■ CONTENT BLOCKS ■ WEBINARS · MILESTONES

WEEK 1

5–6 DEC

5/Dec Sat	Carlton Mat room	10:00–17:00	Orientation	10:00–10:15
			Basic Anatomy (Video)	10:15–17:00
6/Dec Sun	Carlton Mat room	10:15–14:00	Basic Anatomy (Video)	10:00–14:00

WEEK 2

12–13 DEC

12/Dec Sat	Carlton Mat room	10:15–16:00	Basic Anatomy (Video)	10:30–12:15
			Webinar 1 (Pilates Principles)	12:30–13:30
			Lunch	13:30–14:15
			Mat Training	14:15–16:00
13/Dec Sun	Carlton Mat room	10:15–14:00	Mat Training	10:00–14:00

WEEK 3

19–20 DEC

Start observation (4 hours)				
19/Dec Sat	Carlton Mat room	12:30–17:00	Mat Training	12:30–17:00
20/Dec Sun	Carlton Mat room	10:00–12:00	Mat Cell Group Training	10:00–12:00

WEEK 4

9–10 JAN

9/Jan Sat	Carlton Mat room	10:00–17:00	Mini Test 1 – Mat	10:30–14:00
			Lunch	14:00–14:30
			Reformer training	14:30–17:00
10/Jan Sun	Carlton Reformer room	11:15–15:00	Reformer training	10:00–15:00

WEEK 5

16–17 JAN

16/Jan Sat	Carlton Reformer room	10:30–16:00	Reformer training	10:30–13:00
			Lunch	13:00–13:30
			Webinar 2 (Postural Analysis)	13:30–16:00
17/Jan Sun	Carlton Reformer room	10:15–15:00	Reformer training	10:15–15:00

WEEK 6

23–24 JAN

23/Jan Sat	Carlton Reformer room	11:00–16:00	Reformer training + cell group	11:00–14:00
			Props training	14:00–16:00
24/Jan Sun	Carlton Reformer room	11:00–14:00	Mini Test 2 – Reformer	11:00–14:00

WEEK 7

30–31 JAN

30/Jan Sat	Carlton Mat room	12:30–17:00	Props training	12:30–17:00
31/Jan Sun	Carlton Mat room	10:00–15:00	Props training	10:00–15:00

WEEK 8

6 FEB

6/Feb Sat	Reformer room	12:30–16:00	Webinar 3 (Body Type)	12:30–16:00
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WEEK 8—12

FEB 6 – MAR 13

Personal Training Sessions — minimum 10 hours of practice teaching

WEEK 13

4–6 MAR

4/Mar Thu	Carlton Mat room	10:00–19:00	Detailed Cueing (Mat)	10:00–14:00
			Lunch Time	14:00–15:00
			Detailed Cueing (Props)	15:00–19:00
5/Mar Fri	Carlton Reformer room	9:00–19:00	Theory Test	9:00–10:00
			Detailed Cueing (Reformer)	10:00–14:00
			Lunch Time	14:00–15:00
6/Mar Sat	Carlton Mat room	10:00–21:00	Practical Test (Team 1)	15:00–19:00
			Practical Test (Team 2)	10:00–14:00
			Lunch Time	14:00–15:00
			Practical Test (Team 3)	15:00–19:00
			Ceremony	20:00–21:00

MIN. 10 HOURS PRACTICE TEACHING REQUIRED BETWEEN WEEKS 8–12 · THEORY + PRACTICAL TESTS IN WEEK 13

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