

Curriculum & Training Timeline

MONTH	MODULES & CURRICULUM
July 2026	Philosophy, History, 6 Principles, Fundamental, Level 1 & 2 Mat Work, Level 1 Reformer
August 2026	Teaching Principles, Anatomy, Mat Work Level 3 & 4, Teaching Practice, Reformer
September 2026	Level 3 & 4 Reformer (Mid-Term MAT Exam).
October 2026	Rehab, Pregnancy, Older Population, Athletes.
Nov - Dec 2026	Cadillac, Wunda Chair, Barrels, Small Props.