

# STOTT PILATES CERTIFICATION

## SCHEDULE / HORAIRE



**2012**

### INTENSIVE MAT PLUS

MAT PLUS INTENSIF

MAY 11, 12, 13 / 18, 19, 20 / 25, 26

OCT 5, 6 / 12, 13 / 19, 20 / 26, 27

F/V (15h-20h30)

Sa/Sa (13h30-19h)

S/D (10h-15h30)

### INTENSIVE REFORMER

REFORMER INTENSIF

(OTT) MAY 25, 26 / JUN 1, 2 / JUL 13, 14, 15 / 20, 21, 22

(LAV) SEP 7, 8, 9 / 14, 15 / 21, 22, 23 / 28, 29

NOV 2, 3, 4 / 9, 10 / 16, 17, 18 / 23, 24

F/V (15h-20h30)

Sa/Sa (13h30-19h)

S/D (10h-15h30)

### INTENSIVE CADILLAC

CADILLAC INTENSIF

June 11-15 M/L - F/V (10h - 15h30)

### INTENSIVE CHAIR

CHAISE DE STABILITÉ INTENSIF

June 17-19

S/D - T/M (10h - 15h30)

### INTENSIVE BARRELS

BARILS INTENSIF

MAY 6, 7

S/D, M/L (10h - 15h30)

### ADVANCED MAT

MAT PLUS AVANCÉ

MAY 27 (10h-16h30)

OCT 28 (10h-16h30)

### ADVANCED REFORMER

REFORMER AVANCÉ

Available upon request. Disponible par demande.

### ADVANCED CC & B

CC & B AVANCÉ

Available upon request. Disponible par demande.

### ANATOMY

ANATOMIE

MAR 27 - MAY 22

TUES

OCT 17 - DEC 12

WED

T/M (18h00 - 21h00)

W/M (18h00 - 21h00)

### INJURY & SPECIAL POPULATIONS

BLESSURES & POPULATIONS SPÉCIFIQUES

NOV 26, 27, 28, 29 (13h-19h30)

### EXAM PREP WORKSHOPS

PRÉPARATION POUR EXAMEN

AUG 21, NOV 5: Postural Analysis (18h-20h)

AUG 23, NOV 7: Exam Prep Written (18h-20h)

AUG 24, NOV 8: Exam Prep Practical (18h-21h)

### WORKSHOPS (CEC)

LES ATELIERS

TBC

### EXAM TESTING

EXAMENS

MAY 21, SEPT 17, DEC 3: Written (13h30)

MAY 20, SEPT 16, DEC 2: Practical (by appointment/sur r-d-v)