



Year 2027

Balanced Body® Pilates Instructor Training Schedule
Manassas, VA

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Reformer 1: January 9 & 16

Mat 1: February 6 & 13

Movement Principles & Pilates Essentials: March 6 & 13

Reformer 1: April 3 & 10

Mat 1: May 1 & 8

Reformer 2: June 5 & 12

Mat 2: July 10 & 17

Anatomy in 3-Dimensions: August 7 & 14

Reformer 3: September 11 & 18

Mat 3: October 9 & 16

Questions?
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