



The exclusive STOTT PILATES® Licensed Training Center in Texas

It is our objective to offer you an enjoyable and positive educational experience.

www.pilatessouthtexas.com

Training Center Address:

CENTER POSE, INC. d/b/a PILATES SOUTH TEXAS
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Contact Information:

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VIRTUAL STOTT PILATES® INTENSIVE PROGRAMS (Level 1)

Schedule: Central Time Zone

IMP - Intensive Mat-Plus™, 2nd Edition (40 hrs)
Prerequisites: Desire to learn the STOTT PILATES® Principles while incorporating the biomechanical movements and sequencing
12 Days, 40 Hours (+ 30 minutes if required per session)
Mar 12 - 13, 2026: Thu, Fri 4:00 PM - 8:30 PM
Mar 14 - 15, 2026: Sat, Sun 2:00 PM - 6:30 PM
Mar 19 - 20, 2026: Thu, Fri 12:00 PM - 3:00 PM
Mar 21 - 22, 2026: Sat, Sun 11:00 AM - 2:00 PM
Mar 26 - 29, 2026: Thu, Fri, Sat, Sun 12:00 PM - 3:00 PM
10 Days, 40 Hours
May 5 - 9, 2026: Tue, Wed, Thu, Fri, Sat 11:00 AM - 3:00 PM
May 13 - 17, 2026: Wed, Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM
10 Days, 40 Hours
Jun 9 - 14, 2026: Tue, Wed, Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM
Jun 17 - 20, 2026: Wed, Thu, Fri, Sat 11:00 AM - 3:00 PM
10 Days, 40 Hours
Jul 15 - 19, 2026: Wed, Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM
Jul 22 - 26, 2026: Wed, Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM
10 Days, 40 Hours
Aug 19 - 23, 2026: Wed, Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM
Aug 26 - 30, 2026: Wed, Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM
10 Days, 40 Hours
Sep 16 - 20, 2026: Wed, Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM
Sep 23 - 27, 2026: Wed, Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM
10 Days, 40 Hours
Oct 28 - Nov 1, 2026: Wed, Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM
Nov 4 - 8, 2026: Wed, Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM

VIRTUAL STOTT PILATES® ADVANCED PROGRAM (Level 2)

Schedule: Central Time Zone

AM - Advanced Matwork (6 hrs)
Prerequisites: IMP Course
2 Days, 6 Hours
Mar 13 14, 27, 2026: Fri, Sat 8:00 AM - 11:00 AM
1 Day, 6 Hours
Jun 26, 2026: Fri 1:00 PM - 7:30 PM
1 Day, 6 Hours
Aug 1, 2026: Sun 1:00 PM - 7:30 PM
1 Day, 6 Hours
Oct 2, 2026: Fri 1:00 PM - 7:30 PM
1 Day, 6 Hours
Nov 15, 2026: Sun 1:00 PM - 7:30 PM