



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](http://www.pilatessouthtexas.com)

Training Center Address:

CENTER POSE, INC. d/b/a PILATES SOUTH TEXAS  
3000 Wesleyan Street, Suite 111  
Houston, TX 77027

Contact Information:

Chau Pham-Kid, Owner & Lead Instructor Trainer  
(888) 838-3664, ext. 2  
info@pilatessouthtexas.com

**VIRTUAL STOTT PILATES® INTENSIVE PROGRAMS (Level 1)**

**Schedule:** Central Time Zone

**VIRTUAL STOTT PILATES® ADVANCED PROGRAM (Level 2)**

**Schedule:** Central Time Zone

<p><b>IMP - Intensive Mat-Plus™, 2<sup>nd</sup> Edition (40 hrs)</b> <b>Prerequisites:</b> Desire to learn the STOTT PILATES® Principles while incorporating the biomechanical movements and sequencing</p> <p><u>12 Days, 40 Hours</u> (+ 30 minutes if required per session) Mar 12 - 14, 2026: Thu, Fri, Sat 4:00 PM - 8:30 PM Mar 15, 2026: Sun 3:00 PM - 7:30 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</p> <p><u>10 Days, 40 Hours</u> May 5 - 8, 2026: Tue, Wed, Thu, Fri 11:00 AM - 3:00 PM May 9, 2026: Sat 3:00 PM - 7:00 PM May 13 - 17, 2026: Wed, Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM</p> <p><u>10 Days, 40 Hours</u> 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</p> <p><u>10 Days, 40 Hours</u> Jul 7 - 12, 2026: Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM Jul 17 - 19, 2026: Fri, Sat, Sun 11:00 AM - 3:00 PM Jul 24 - 26, 2026: Fri, Sat, Sun 11:00 AM - 3:00 PM</p> <p><u>10 Days, 40 Hours</u> 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</p> <p><u>10 Days, 40 Hours</u> 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</p> <p><u>10 Days, 40 Hours</u> 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</p>	<p><b>AM - Advanced Matwork (6 hrs)</b> <b>Prerequisites:</b> IMP Course</p> <p><u>1 Day, 6 Hours</u> Apr 4, 2026: Sat 9:00 AM - 3:30 PM</p> <p><u>1 Day, 6 Hours</u> Jun 26, 2026: Fri 10:00 AM - 4:30 PM</p> <p><u>1 Day, 6 Hours</u> Aug 1, 2026: Sun 1:00 PM - 7:30 PM</p> <p><u>1 Day, 6 Hours</u> Oct 2, 2026: Fri 1:00 PM - 7:30 PM</p> <p><u>1 Day, 6 Hours</u> Nov 15, 2026: Sun 1:00 PM - 7:30 PM</p>
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