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

10 Days, 40 Hours
Jan 8 - 10, 2027: Fri, Sat, Sun 4:00 PM - 8:00 PM
Jan 14 - 17, 2027: Thu, Fri, Sat, Sun 4:00 PM - 8:00 PM
Jan 22 - 24, 2027: Fri, Sat, Sun 11:00 AM - 3:00 PM

10 Days, 40 Hours
Feb 5 - 7, 2027: Fri, Sat, Sun 11:00 AM - 3:00 PM
Feb 11 - 14, 2027: Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM
Feb 19 - 21, 2027: Wed, Thu, Fri, Sat, Sun 11:00 AM - 3:00 PM

10 Days, 40 Hours
Apr 23 - 25, 2027: Fri, Sat, Sun 4:00 PM - 8:00 PM
Apr 29 - May 2, 2027: Thu, Fri, Sat, Sun 4:00 PM - 8:00 PM
May 6 - 8, 2027: Thu, Fri, Sat 4:00 PM - 8:00 PM

10 Days, 40 Hours
Jul 9 - 11, 2027: Fri, Sat, Sun 4:00 PM - 8:00 PM
Jul 15 - 18, 2027: Thu, Fri, Sat, Sun 4:00 PM - 8:00 PM
Jul 23 - 25, 2027: Fri, Sat, Sun 4:00 PM - 8:00 PM

10 Days, 40 Hours
Sep 17 - 19, 2027: Fri, Sat, Sun 4:00 PM - 8:00 PM
Sep 23 - 26, 2027: Thu, Fri, Sat, Sun 4:00 PM - 8:00 PM
Oct 1 - 3, 2027: Fri, Sat, Sun 4:00 PM - 8:00 PM

10 Days, 40 Hours
Nov 5 - 7, 2027: Fri, Sat, Sun 4:00 PM - 8:00 PM
Nov 11 - 14, 2027: Thu, Fri, Sat, Sun 4:00 PM - 8:00 PM
Nov 19 - 21, 2027: Fri, Sat, Sun 4:00 PM - 8:00 PM

VIRTUAL STOTT PILATES® ADVANCED PROGRAM (Level 2)

Schedule: Central Time Zone

AM - Advanced Matwork (6 hrs)
Prerequisites: IMP Course

2 Days, 6 Hours
Nov 21 - 22, 2026: Sat, Sun 11:00 AM - 2:00 PM

2 Days, 6 Hours
Jan 30 - 31, 2027: Sat, Sun 5:00 PM - 8:00 PM

2 Days, 6 Hours
Mar 27 - 28, 2027: Sat, Sun 11:00 AM - 2:00 PM

1 Day, 6 Hours
Jun 27, 2027: Sun 12:00 PM - 6:30 PM

1 Day, 6 Hours
Nov 28, 2027: Sun 12:00 PM - 6:30 PM

Dates and times are subject to change. Visit www.pilatessouthtexas.com to verify dates and times.