

INTENSIVE MAT PLUS

MAT-PLUS INTENSIF – EXERCICES AU SOL

2009

October/octobre 2, 3, 4 | 9, 10, 11 | 16, 17
F/v: 15h-20h; S/s: 13h30-18h30; S/d: 10h-15h

2010

March/mars 12, 13, 14 | 19, 20, 21 | 26, 27
F/v: 15h-20h; S/s: 13h30-18h30; S/d: 10h-15h
June/juin 11, 12, 13 | 18, 19, 20 | 25, 26
F/v: 15h-20h; S/s: 13h30-18h30; S/d: 10h-15h
August/aout 3,4,5 | 10,11,12 | 17,18
T/m: 13h-17h; W/m: 13h-17h; T/j: 13h-17h
October/octobre 8,9,10 | 15,16,17 | 22,23
F/v: 15h-20h; S/s: 13h30-18h30; S/d: 10h-15h

ADVANCED MAT

EXERCICES AU SOL AVANCÉ

2009

March 29
June 28
October 18

2010

March 28
June 27
November 5

ADVANCED REFORMER

APPAREIL REFORMER AVANCÉ

Available upon request | Disponible sur demande

2009

Decembre 7, 8, 9, 10
9h-12h

ADVANCED CADILLAC, CHAIR & BARRELS

CADILLAC, CHAISES ET BARILS, AVANCÉ

Available upon request | Disponible sur demande

INTENSIVE REFORMER

APPAREIL REFORMER INTENSIF

2009

November/novembre 6, 7, 8 | 14, 15 | 20, 21, 22 | 28, 29
F/v: 15h-20h; S/s: 13h30-18h30; S/d: 10h-15h

2010

May/mai 7, 8, 9 | 15, 16 | 21, 22, 23 | 29, 30
F/v: 15h-20h; S/s: 13h30-18h30; S/d: 10h-15h
November/novembre 5, 6, 7 | 13, 14 | 19, 20, 21 | 27, 28
F/v: 15h-20h; S/s: 13h30-18h30; S/d: 10h-15h

INJURY AND SPECIAL POPULATIONS

BLESSURES ET POPULATIONS SPÉCIFIQUES

2009

Decembre/December
Dec 7, 8, 9, 10
12h-18h

2010

Septembre/September
Dec 7, 8, 9, 10
12h-18h

FUNCTIONAL ANATOMY

L'ANATOMIE

2009

October 6 - December 8
Tuesdays 18h - 21h

2010

Le 2 fevrier a le 6 avril, 2010
Mardi 18h-21h

INTENSIVE CADILLAC, CHAIR & BARREL

CADILLAC, CHAISE ET BARILS, INTENSIF

2009

Automne / Fall 2009
Chaise / Chair Module - Aout 13, 14, 15
Cadillac Module - Sept 17, 18, 19, 20
Barils / Barrels Module - Oct 17, 18

2010

AOUT / AUGUST
Chaise / Chair - Aout 3, 4, 5 (9h-14h)
Cadillac - Aout 10, 11, 12, 17 (9h-14h)
Barils - Aout 18, 19 (9h-14h)

DECEMBRE / DECEMBER

Chaise / Chair 1, 2, 3
13h-18h

EXAM TESTING WEEKENDS

2009

Decembre 4, 5, 6
Theorique / written: Dec 4 (13h) ou/or Dec 5 (10h)
Pratique / practical: Dec 6, 7, 8

2010

Avril / April
Aout / August
Decembre / December

WORKSHOPS:

CPR with Barry Watson · October 15
Flexibility Overview · Oct. 16
Breast Cancer Rehab on Mat · Nov 13
Exam Prep Workshops · Nov. 27
Anatomy Workshop Series ·
December (last chance for CECs)
Pilates for dancers · Dec. 6
Lumbo-Pelvic Stability and Function · Dec. 7
Shoulder Girdle Stability and Function · Dec. 8
Knee Stability and Function · Dec 9