

Room Europa

DAY	SCHEDULE	CLASS	THEME	APPARATTUS	TEACHER
FRIDAY	13h00 - 15h00	Blue	The Golden Chain: Transitions ARE Exercises	Reformer	Peter Fiasca
	15h15 - 17h15	Yellow	Reformer's Centralization	Reformer	Alfonso Carrillo
	BREAK				
	17h30 - 19h30	Red	Playing with Rhythm and Dynamics on the Reformer	Reformer	MeJo Wiggin
SATURDAY	08h00 - 10h00	Green	Focus on Magic Circle on Reformer	Reformer	Jerome Weinberg
	BREAK				
	10h15 - 12h15	Blue	The Ladder Barrel: Keep it Flowing	Ladder Barrel	MeJo Wiggin
	BREAK				
	13h30 - 15h30	Yellow	The Golden Chain: Transitions ARE Exercises	Reformer	Peter Fiasca
	15h45 - 17h45	Red	The Golden Chain: Transitions ARE Exercises	Reformer	Peter Fiasca
	18h00 - 20h00	Green	Playing with Rhythm and Dynamics on the Reformer	Reformer	MeJo Wiggin
	COCKTAIL				
SUNDAY	08h00 - 10h00	Blue	Focus on Magic Circle on Reformer	Reformer	Jerome Weinberg
	BREAK				
	10h15 - 12h15	Yellow	Playing with Rhythm and Dynamics on the Reformer	Reformer	MeJo Wiggins

SUNDAY	LUNCH				
	13h30 - 15h30	Green	The Golden Chain: Transitions ARE Exercises	Reformer	Peter Fiasca
	15h45 - 17h45	Blue	Reformer's Centralization	Reformer	Alfonso Carrillo
	18h00 - 19h00	MASTERCLASS			

Room Londres 1

DAY	SCHEDULE	CLASS	THEME	APPARATTUS	TEACHER
FRIDAY	13h00 - 15h00	Yellow	Spine Corrector: increase your repertoire	Spine Corrector	Jerome Weinberg
	15h15 - 17h15	Red	Get a motivating and effective Mat Pilates class	Mat	Junior Carvalho
	BREAK				
	17h30 - 19h30	Green	Advanced Mat Workout Traditional Pilates Technique	Mat	Peter Fiasca

SATURDAY	08h00 - 10h00	Blue	Rhythm and Dynamics a powerful tool	Mat	Jean-Claude Nelson
	BREAK				
	10h15 - 12h15	Yellow	Spine Corrector: an effective apparatus while working Contrology	Spine Corrector	Inelia Garcia
	BREAK				
	13h30 - 15h30	Red	Spine Corrector: increase your repertoire	Spine Corrector	Jerome Weinberg
	15h45 - 17h45	Green	Get a motivating and effective Mat Pilates class	Mat	Junior Carvalho

SATURDAY	18h00 - 20h00	Yellow	Pre-Pilates: build the body	Pre-Pilates	Inelia Garcia
		Blue			
	COCKTAIL				
SUNDAY	08h00 - 10h00	Red	Classical Pilates Advanced Mat Workshop	Mat	MeJo Wiggins
	BREAK				
	10h15 - 12h15	Red	Spine Corrector: an effective apparattus while working Contrology	Spine Corrector	Inelia Garcia
	LUNCH				
	13h30 - 15h30	Blue	Spine Corrector: increase your repertoire	Spine Corrector	Jerome Weinberg
	15h45 - 17h45	Green	Spine Corrector: an effective apparattus while working Contrology	Spine Corrector	Inelia Garcia
18h00 - 19h00	MASTERCLASS IN ROOM EUROPA				
<h2 style="text-align: center;">Room Londres 2</h2>					
DAY	SCHEDULE	CLASS	THEME	APPARATTUS	TEACHER
FRIDAY	13h00 - 15h00	Red	Cadillac's variations	Cadillac	Gustavo de Carvalho e Silva
	15h15 - 17h15	Yellow	Cadillac's Proficiency	Cadillac	Jerome Weinberg
	BREAK				
	17h30 - 19h30	Blue	The Magical Touch The Art of tactile Cuing	Cadillac	Jean-Claude Nelson
ATURDAY	08h00 - 10h00	Yellow	The Cadillac "Bednasium"	Cadillac	Peter Fiasca

SATURDAY	10h15 - 12h15	Red	Cadillac's Proficiency	Cadillac	Jerome Weinberg
	BREAK				
	13h30 - 15h30	Green	The Magical Touch The Art of tactile Cuing	Cadillac	Jean-Claude Nelson
	15h45 - 17h45	Blue	Cadillac's Proficiency	Cadillac	Jerome Weinberg
	18h00 - 20h00				
COCKTAIL					

SUNDAY	08h00 - 10h00	Yellow	Cadillac's variations	Cadillac	Gustavo de Carvalho e Silva
	BREAK				
	10h15 - 12h15	Green	Cadillac's variations	Cadillac	Gustavo de Carvalho e Silva
	LUNCH				
	13h30 - 15h30	Red	The Magical Touch The Art of tactile Cuing	Cadillac	Jean-Claude Nelson
	15h45 - 17h45	Yellow	Cadillac's Proficiency	Cadillac	Jerome Weinberg
18h00 - 19h00	MASTERCLASS IN ROOM EUROPA				

Room Roma

DAY	SCHEDULE	CLASS	THEME	APPARATTUS	TEACHER
FRIDAY	13h00 - 15h00	Green	The Arm Chair	Baby Chair	MeJo Wiggin

FRIDAY	15h15 - 17h15	Blue	Baby Chair's Universe	Baby Chair	Inelia Garcia
	BREAK				
	17h30 - 19h30	Yellow	Understanding Wunda's Chair evolution	Wunda Chair	Jose Miguel Garcia
SATURDAY	08h00 - 10h00	Red	Baby Chair's Universe	Baby Chair	Inelia Garcia
	BREAK				
	10h15 - 12h15	Green	Wide range exercises of The Wunda Chair	Wunda Chair	Peter Fiasca
	BREAK				
	13h30 - 15h30	Blue	Understanding Wunda's Chair evolution	Wunda Chair	Jose Miguel Garcia
	15h45 - 17h45	Yellow	Working with Imbalances	Wunda Chair	Jean-Claude Nelson
	18h00 - 20h00	Red	Working with Imbalances	Wunda Chair	Jean-Claude Nelson
COCKTAIL					
SUNDAY	08h00 - 10h00	Green	Working with Imbalances	Wunda Chair	Jean-Claude Nelson
	BREAK				
	10h15 - 12h15	Blue	Wide range exercises of The Wunda Chair	Wunda Chair	Peter Fiasca
	LUNCH				
	13h30 - 15h30	Yellow	Baby Chair's Universe	Baby Chair	Inelia Garcia
15h45 - 17h45	Red	Understanding Wunda's Chair evolution	Wunda Chair	Jose Miguel Garcia	

18h00 - 19h00

MASTERCLASS IN ROOM EUROPA

**Classes will be announced on the first day of the convention*