

Information Sessions: Wednesday, 21 January 2026 @ 19:00 (SGT) | Sunday, 1 March 2026 @ 18:00 (SGT)
 Registrations Open: Wednesday, 1 October 2025
 Early Bird Ends: Saturday, 31 January 2026
 Registrations Close: Wednesday, 1 April 2026

Week	Dates (2026)	Description/ Theme	Who attends?					Where?	Time	Hours
			Comp	Mat	Reformer	Cad & WC	LB & SC			
Week 1: Orientation & Foundational Elements	Wednesday, 8 April	Orientation Session (Welcome and how the HUB works)	Y	Y	Y	Y	Y	Zoom	18:00 - 19:00	1 hour
	Thursday, 9 April	Foundational Elements 1	Y	Y	Y	Y	Y	Zoom	18:00 - 21:00	3 hours
	Friday, 10 April	Foundational Elements 2	Y	Y	Y	Y	Y	Zoom	18:00 - 21:00	1 hour
Week 2: In-Studio at the Core Reformatory Studio	Wednesday, 15 April	Mat Day 1/6	Y	Y	N	N	N	The Core Reformatory	9:00 - 13:00	4 hours
	Wednesday, 15 April	Reformer Day 1/8	Y	N	Y	N	N	The Core Reformatory	14:00 - 17:00	3 hours
	Thursday, 16 April	Mat Day 2/6	Y	Y	N	N	N	The Core Reformatory	9:00 - 13:00	4 hours
	Thursday, 16 April	Reformer Day 2/8	Y	N	Y	N	N	The Core Reformatory	14:00 - 17:00	3 hours
	Friday, 17 April	Mat Day 3/6	Y	Y	N	N	N	The Core Reformatory	9:00 - 13:00	4 hours
	Friday, 17 April	Reformer Day 3/8	Y	N	Y	N	N	The Core Reformatory	14:00 - 17:00	3 hours
	Saturday, 18 April	Mat Day 4/6	Y	Y	N	N	N	The Core Reformatory	9:00 - 13:00	4 hours
	Saturday, 18 April	Reformer Day 4/8	Y	N	Y	N	N	The Core Reformatory	14:00 - 17:00	3 hours
	Sunday, 19 April	Mat Day 5/6 & 6/6	Y	Y	N	N	N	The Core Reformatory	9:00 - 13:00	4 hours
	Sunday, 19 April	Reformer Day 5/8	Y	N	Y	N	N	The Core Reformatory	14:00 - 17:00	3 hours
Week 3 & 4: Integration Weeks * Practice, Teach and Observe as much as you can	Thursday, 30 April	Mat Class, Q & A	Y	Y	Y	N	N	Zoom	17:00 - 18:30	1.5 hours
	Thursday, 30 April	Reformer Class, Q & A	Y	N	Y	N	N	Zoom	18:30 - 20:00	1.5 hours
	Tuesday, 5 May	Mat Class, Q & A	Y	Y	Y	Y	Y	Zoom	17:00 - 18:30	1.5 hours
	Tuesday, 5 May	Reformer Class, Q & A	Y	N	Y	N	N	Zoom	18:30 - 20:00	1.5 hours
	Tuesday, 12 May	Mat Class, Q & A	Y	Y	Y	Y	Y	Zoom	17:00 - 18:30	1.5 hours
	Tuesday, 12 May	Reformer Class, Q & A	Y	N	Y	N	N	Zoom	18:30 - 20:00	1.5 hours
Week 5: Integration Week * Practice, Teach and Observe as much as you can	Monday, 26 May	Foundational Elements 3	Y	Y	Y	Y	Y	Zoom	18:00 - 20:00	2 hours
	Wednesday, 26 May	Online Tutorial (Q & A) Mat	Y	Y	N	N	N	Zoom	18:00 - 19:00	1 hour
	Wednesday, 26 May	Online Tutorial (Q & A) Reformer	Y	N	Y	N	N	Zoom	19:00 - 20:00	1 hour
	Friday, 29 May	Mat Class	Y	Y	Y	Y	Y	Zoom	17:00 - 18:00	1 hour
	Friday, 29 May	Equipment Class Reformer	Y	N	Y	N	N	Zoom	18:00 - 19:00	1 hour
Week 6: In-Studio at the Core Reformatory Studio	Wednesday, 3 June	Reformer Day 6/8	Y	N	Y	N	N	The Core Reformatory	10:00 - 13:00	3 hours
	Wednesday, 3 June	Cadillac Day 1/4 & 2/4	Y	N	N	Y	N	The Core Reformatory	14:00 - 17:00	3 hours
	Thursday, 4 June	Reformer Day 7/8	Y	N	Y	N	N	The Core Reformatory	10:00 - 13:00	3 hours
	Thursday, 4 June	Cadillac Day 3/4 & 4/4	Y	N	N	Y	N	The Core Reformatory	14:00 - 17:00	3 hours
	Friday, 5 June	Reformer Day 8/8	Y	N	Y	N	N	The Core Reformatory	10:00 - 13:00	3 hours
	Friday, 5 June	Wunda Chair Day 1/4 & 2/4	Y	N	N	Y	N	The Core Reformatory	14:00 - 17:00	3 hours
	Saturday, 6 June	Wunda Chair Day 3/4 & 4/4	Y	N	N	Y	N	The Core Reformatory	10:00 - 13:00	3 hours
	Saturday, 6 June	Ladder Barrel & Spine Corrector Day 1/2 & 2/2	Y	N	N	N	Y	The Core Reformatory	14:00 - 17:00	3 hours
Week 7: End of Foundational Elements for Mat	Monday, 8 June	Foundational Elements 4	Y	Y	Y	Y	Y	Zoom	18:00 - 20:00	2 hours
Week 8: Integration Week * Practice, Teach and Observe as much as you can	Wednesday, 17 June	Online Tutorial (Q & A) Mat	Y	Y	N	N	N	Zoom	18:00 - 19:00	1 hour
	Wednesday, 17 June	Online Tutorial (Q & A) Reformer	Y	N	Y	N	N	Zoom	19:00 - 20:00	1 hour
	Thursday, 18 June	Mat Class	Y	Y	N	N	N	Zoom	17:00 - 18:00	1 hour
	Thursday, 18 June	Equipment Class Reformer	Y	N	Y	N	N	Zoom	18:00 - 19:00	1 hour
Week 9: Integration Week * Practice, Teach and Observe as much as you can	Monday, 22 June	Foundational Elements 5	Y	N	Y	Y	Y	Zoom	18:00 - 20:00	2 hours
	Wednesday, 24 June	Mat Class	Y	Y	N	N	N	Zoom	17:00 - 18:00	1 hour
	Wednesday, 24 June	Equipment Class Reformer	Y	N	Y	N	N	Zoom	18:00 - 19:00	1 hour
Week 10: Integration Week	Monday, 29 June	Foundational Elements 6	Y	N	Y	Y	Y	Zoom	18:00 - 20:00	2 hours
Week 11: Integration Week * Practice, Teach and Observe as much as you can	Monday, 6 July	Foundational Elements 7	Y	N	Y	Y	Y	Zoom	18:00 - 20:00	2 hours
	Wednesday, 8 July	Equipment Class Reformer	Y	N	Y	N	N	Zoom	17:00 - 18:00	1 hour
	Wednesday, 8 July	Equipment Class Cadillac	Y	N	N	Y	N	Zoom	18:00 - 19:00	1 hour
Week 12: Integration Week * Practice, Teach and Observe as much as you can	Monday, 13 July	Online Tutorial (Q & A) Reformer	Y	N	Y	N	N	Zoom	18:00 - 19:00	1 hour
	Monday, 13 July	Online Tutorial (Q & A) Cadillac & Chair	Y	N	N	Y	N	Zoom	19:00 - 20:00	1 hour
	Wednesday, 15 July	Equipment Class Reformer	Y	N	Y	N	N	Zoom	17:00 - 18:00	1 hour
	Wednesday, 15 July	Equipment Class Chair	Y	N	N	Y	N	Zoom	18:00 - 19:00	1 hour
Week 13: Integration Week	Monday, 20 July	Foundational Elements 8	Y	N	Y	Y	Y	Zoom	18:00 - 20:00	2 hours
Week 14: Integration Week * Practice, Teach and Observe as much as you can	Monday, 27 July	Online Tutorial (Q & A) Reformer	Y	N	Y	N	N	Zoom	18:00 - 19:00	1 hour
	Monday, 27 July	Online Tutorial (Q & A) Ladder Barrel & Spine Corrector	Y	N	N	N	Y	Zoom	19:00 - 20:00	1 hour
	Wednesday, 29 July	Equipment Class Spine Corrector	Y	N	N	N	Y	Zoom	17:00 - 18:00	1 hour
	Wednesday, 29 July	Equipment Class Ladder Barrel	Y	N	N	N	Y	Zoom	18:00 - 19:00	1 hour

Evaluation (Exam)					
Tuesday, 10 November 2026	Mat Exam Prep Session	Zoom	1 hour	Exam Times to be announced	Upcoming exam opportunities: November 2026 February 2027 May/June 2027
Thursday, 12 November 2026	Mat Exam Theory	Study Hub	90 Minutes		
Friday, 13 November 2026	Mat Practical Exam	Zoom	60 Minutes		
Tuesday, 24 November 2026	Comprehensive & Equipment Exam Prep Session	Study Hub	1 hour		
Thursday, 26 November 2026	Comprehensive & Equipment Theory	Zoom	90 Minutes		
Friday, 27 November 2026	Comprehensive & Equipment Practical	Zoom	90 Minutes		