Annual Training Calendar 2026

STOTT Pilates Netherlands

All courses, modules, and workshops in 2026 and 2027, listed chronologically by start date.

Intensive Reformer	
January	9, 10, 23 & 24
March	6, 7, 27 & 28
April	17 & 18

Anatomy Module	
February	27 & 28

CEC Workshop — Prenatal on the Reformer	
March	5

CEC Workshop — Prenatal Matwork with Stability Ball & Flex-Band	
March	5

CEC Workshop — Athletic Conditioning on the Reformer, Level 2	
March	29

CEC Workshop — Athletic Conditioning on Stability Cushion™	
March	29

CEC Workshop — Post-Natal Pilates	
April	16

Intensive Cadillac	
May	15 & 16 and 28, 29 & 30

Master Mentor Midday — Mat	
May	23

Intensive Mat-Plus	
May	29 & 30
June	26 & 27
July	10, 11, 24 & 25

Intensive Stability Chair	
June	18, 19 & 20

CEC Workshop — STOTT Pilates Professional Development: Programming Protocols for Breast Cancer	
June	21

CEC Workshop — Athletic Conditioning: Performance Enhancing Progressions and Sequences	
June	21

Fascial Movement Foundation Course	
June	25 to 28

Intensive Reformer	
June	19 & 20
July	9, 10 & 11
September	5 & 6
October	8, 9 & 10

Anatomy Module	
July	3 & 4

Master Mentor Midday — Reformer	
July	4

Anatomy Module	
September	11 & 12

Intensive Mat-Plus	
September	18 & 19
October	9 & 10
November	13 & 14
December	11 & 12

Advanced Cadillac	
October	16

Advanced Stability Chair	
October	17

Advanced Barrels	
October	17

CEC Workshop - Reformer Pilates for Active Aging: Strength, Balance & Longevity	
October	18

CEC Workshop - Dynamic Core Control with the Mini Stability Ball™	
October	18

CEC Workshop - Stability Chair™ for the Older Adult	
October	18

Intensive Reformer	
October	30 & 31
November	26, 27 & 28
December	11 & 12
January 2027	8, 9 & 30

Anatomy Module	
October	30 & 31

Advanced Reformer	
November	13, 14 & 15

Injury & Special Populations	
November	25 to 28

Advanced Mat	
November	7

Workshop - Unilateral Moves, Universal Gains	
December	5

Annual Training Calendar 2027

Intensive Mat-Plus	
January	8 & 9
February	5 & 6
March	5 & 6
April	2 & 3

Intensive Reformer	
January	22 & 23
February	4, 5 & 6
March	19 & 20
April	8, 9 & 10

Anatomy Module	
January	22 & 23

Anatomy Module	
March	12 & 13

Intensive Stability Chair	
March	18, 19 & 20

Advanced Mat	
April	10

Intensive Mat-Plus	
May	14 & 15
June	11, 12, 25 & 26
July	9 & 10

Intensive Reformer	
May	21 & 22
June	18 & 19
July	2 & 3
September	2, 3, 4 & 17

Anatomy Module	
May	21 & 22

Intensive Barrels	
June	24 & 25