

# Classical Pilates conference

Oct 4-6 / 2024

## FRIDAY OCTOBER 4th 2024

8am-9am				WELCOME & REGISTRATION			
9am-10am		VINTAGE GROUP CLASS (SANDY SHIMODA)		OLD SCHOOL WORKOUT (ERIC CARLOVICH)		PRIVATES	
10am				BREAK			
10:30-13:00				CONNECTING THE DOTS (GLORIA GASPERI)			
1pm		LUNCH / PRIVATES		VINTAGE GROUP CLASS (SANDY SHIMODA)		OLD SCHOOL WORKOUT (ERIC CARLOVICH)	
2pm		OLD SCHOOL WORKOUT (GLORIA GASPERI)		REFORMER GROUP (MURAT BERKIN)		PRIVATES	
3pm		REFORMER (ERIC CARLOVICH)					
4pm							
5pm				PRIVATES			
6pm				PRIVATES			

## SATURDAY OCTOBER 5th 2024

8am				MAT GROUP (MURAT BERKIN)		REFORMER GROUP (BROOKE SILER)		PRIVATES	
9-11am				MAP OUT YOUR MAT (SANDY SHIMODA)					
11am				GROUP PHOTO					
11:30am				FLOATING ON WUNDA CHAIR (ERIC CARLOVICH)					
1:30pm		LUNCH / PRIVATES		REFORMER GROUP (GLORIA GASPERI)		OLD SCHOOL WORK (JOEL CROSBY)			
2:30pm				TENSOTONER APPARATUS (BROOKE SILER)					
5pm				PRIVATES					
6pm				PRIVATES					
7.30pm				DINNER					

## SUNDAY OCTOBER 6th 2024

8am				Pandiculation MAT GROUP (BROOKE SILER)				REFORMER GROUP (GLORIA GASPERI)			
9-11am				MEET YOUR SPINE (ON SPINE CORRECTOR & PEDI POLE ) (SANDY SHIMODA)							
11am				BREAK							
11:30am				BEYOND THE BALLET STRETCHES ON LADDER BARREL (ERIC CARLOVICH)							
1:30pm		LUNCH / PRIVATES				REFORMER GROUP (GLORIA GASPERI)					
2:30pm				ARCHIVAL REFORMER (BROOKE SILER)							
5pm				CONFERENCE CLOSURE							

Ewa Park Life & Spa, Poland