

## Mat Only

Anatomy\* (Suggested) \_\_\_\_\_  
Movement Principles\* \_\_\_\_\_  
Mat 1\* \_\_\_\_\_  
Mat 2 \_\_\_\_\_  
Mat 3 \_\_\_\_\_

## Reformer Only

Anatomy\* (Required) \_\_\_\_\_  
Movement Principles\* \_\_\_\_\_  
Reformer 1\* \_\_\_\_\_  
Reformer 2 \_\_\_\_\_  
Reformer 3 \_\_\_\_\_

## Mat and Reformer

Anatomy\* (Required) \_\_\_\_\_  
Movement Principles\* \_\_\_\_\_  
Mat 1\* \_\_\_\_\_  
Mat 2 \_\_\_\_\_  
Mat 3 \_\_\_\_\_  
Reformer 1\* \_\_\_\_\_  
Reformer 2 \_\_\_\_\_  
Reformer 3 \_\_\_\_\_

## Comprehensive

Anatomy\* (Required) \_\_\_\_\_  
Movement Principles\* \_\_\_\_\_  
Mat 1\* \_\_\_\_\_  
Mat 2 \_\_\_\_\_  
Mat 3 \_\_\_\_\_  
Reformer 1\* \_\_\_\_\_  
Reformer 2 \_\_\_\_\_  
Reformer 3 \_\_\_\_\_  
Chair \_\_\_\_\_  
Barrels \_\_\_\_\_  
Trapeze Table \_\_\_\_\_

\* = a course you may start with