

All Trainings Will Be Held In Eastern Standard Time

Sessions **must** be taken in Order A, B, C and D (you can mix **series** as long as classes are taken in order)

Example: I can attend Sessions A and B **from** Series 2 Morning and can attend Sessions C and D **from** Series 3 Evening.

December Series 1 Evening

- A. December 1, 2025 6-9 p.m.
- B. December 2, 2025 6-9 p.m.
- C. December 3, 2025 6-9 p.m.
- D. December 4, 2025 6-9 p.m.

December Series 2 Morning

- A. December 8, 2025 9-12 p.m.
- B. December 9, 2025 9-12 p.m.
- C. December 10, 2025 9-12 p.m.
- D. December 11, 2025 9-12 p.m.

December Series 3 Evening

- A. December 8, 2025 6-9 p.m.
- B. December 9, 2025 6-9 p.m.
- C. December 10, 2025 6-9 p.m.
- D. December 11, 2025 6-9 p.m.

December Series 4 Afternoon

- A. December 22, 2025 1-4 p.m.
- B. December 23, 2025 1-4 p.m.
- C. December 24, 2025 1-4 p.m.
- D. December 26, 2025 1-4 p.m.

Dec/Jan Series 5 Morning

- A. December 29, 2025 9-12 p.m.
- B. December 30, 2025 9-12 p.m.
- C. December 31, 2025 9-12 p.m.
- D. January 2, 2026 9-12 p.m.

January Series 6 Evening

- A. January 5, 2026 6-9 p.m.
- B. January 6, 2026 6-9 p.m.
- C. January 7, 2026 6-9 p.m.
- D. January 8, 2026 6-9 p.m.

January Series 7 Morning

- A. January 13, 2026 9-12 p.m.
- B. January 14, 2026 9-12 p.m.
- C. January 15, 2026 9-12 p.m.
- D. January 16, 2026 9-12 p.m.,

January SPA Series 8 Evening

- A. January 12, 2026 6-9 p.m.
- B. January 13, 2026 6-9 p.m.
- C. January 14, 2026 6-9 p.m.
- D. January 15, 2026 6-9 p.m.

January Series 10 Evening

- A. January 20, 2026 6-9 p.m.
- B. January 21, 2026 6-9 p.m.
- C. January 22, 2026 6-9 p.m.
- D. January 23, 2026 6-9 p.m.

January Series 12 Evening

- A. January 27, 2026 6-9 p.m.
- B. January 28, 2026 6-9 p.m.
- C. January 29, 2026 6-9 p.m.
- D. January 30, 2026 6-9 p.m.

January Series 9 Morning

- A. January 20, 2026 9-12 p.m.
- B. January 21, 2026 9-12 p.m.
- C. January 22, 2026 9-12 p.m.
- D. January 23, 2026 9-12 p.m.

January Series 11 Afternoon

- A. January 26, 2026 1-4 p.m.
- B. January 27, 2026 1-4 p.m.
- C. January 28, 2026 1-4 p.m.
- D. January 29, 2026 1-4 p.m.

February Series 13 Evening

- A. February 2, 2026 6-9 p.m.
- B. February 3, 2026 6-9 p.m.
- C. February 4, 2026 6-9 p.m.
- D. February 5, 2026 6-9 p.m.