

# 2025 January – March Module 1 Cohorts

All classes are in Eastern Time

| Jan<br>9-Week   | Jan<br>4-Week  | Feb<br>4-Week  | Feb<br>9-Week  | Mar<br>4-Week  | Mar<br>9-Week  |
|---|--|--|--|--|--|
| Two 90-Minute<br>Classes/week   | <b>Friday<br/>Nights/Saturdays</b>                                     | Mondays  | Two 90-Minute<br>Classes/week  | <b>Friday<br/>Nights/Saturdays</b>                                     | Two 90-Minute<br>Classes/week  |
| Week of Jan 19<br>thru Mar 20   | <b>Jan 10</b> 5:00PM to<br>8:45PM/ <b>Jan 11</b> 10:00AM<br>to 3:15PM  | Feb 17<br>10:00am -7:30pm                              | Week of Feb 9 thru<br>Apr 11   | <b>Mar 7</b> 5:00PM to<br>8:45PM/ <b>Mar 8</b> 11<br>10:00AM to 3:15PM | Week of Mar 17<br>thru May 15  |
| Sun 7:00PM <i>or</i><br>Mon 11:00AM<br>&<br>Wed 11:00AM <i>or</i><br>Thu 7:00PM | <b>Jan 17</b> 5:00PM to<br>8:15PM/ <b>Jan 18:</b><br>10:00AM to 1:30PM | Feb 24<br>10:00am - 5:30pm                             | Sun 8:00 PM <i>or</i><br>Tue 10:00AM<br>&<br>Thu 8:00PM <i>or</i><br>Fri 10:00AM | <b>Mar 14</b> 5:00PM to<br>8:15PM/ <b>Mar 15</b><br>10:00AM to 1:30PM  | Mon 8:30PM <i>or</i><br>Tues 11:00AM<br>&<br>Wed 8:30PM <i>or</i><br>Thu 11:00AM |
|   | <b>Jan 24</b> 5:00PM to<br>8:15PM/ <b>Jan 25</b> 10:00AM<br>to 3:15PM  | Mar 3<br>10:00am - 7:00pm                              |  | <b>Mar 21</b> 5:00PM to<br>8:15PM/ <b>Mar 21</b><br>10:00AM to 3:15PM  |  |
|   | <b>Jan 31</b> 5:00PM to<br>8:15PM/ <b>Feb 1</b> 10:00AM<br>to 1:30PM   | Mar 10<br>10:00am - 5:00pm                             |  | <b>Mar 28</b> 5:00PM to<br>8:15PM/ <b>Mar 28</b><br>10:00AM to 1:30PM  |  |
| <b>Early Bird<br/>Registration<br/>Deadline 12/5/24</b>                         | <b>Early Bird<br/>Registration<br/>Deadline 11/21/24</b>               | <b>Early Bird<br/>Registration<br/>Deadline 1/6/25</b> | <b>Early Bird<br/>Registration<br/>Deadline 1/6/25</b>                           | <b>Early Bird<br/>Registration<br/>Deadline 1/23/25</b>                | <b>Early Bird<br/>Registration<br/>Deadline 2/3/25</b>                           |
| <b>Register by<br/>1/9/25</b>   | <b>Register by<br/>1/6/25</b>  | <b>Register by<br/>2/6/25</b>                          | <b>Register by<br/>1/30/25</b>   | <b>Register by<br/>2/26/25</b>   | <b>Register by<br/>3/6/25</b>  |

# 2025 April – June Module 1 Cohorts

All classes are in Eastern Time

| <b>April<br/>9-Week</b><br><br>Two 90-Minute<br>Classes/week   | <b>April<br/>4-Week</b><br><br>Mondays   | <b>May<br/>4-Week</b><br><br><b>Friday<br/>Nights/Saturdays</b>  | <b>May<br/>9-Week</b><br><br>Two 90-Minute<br>Classes/week   | <b>June<br/>4-Week</b><br><br>Mondays   | <b>June<br/>9-Week</b><br><br>Two 90-Minute<br>Classes/week  |
|--|--|--|--|---|--|
| Week of Apr 27<br>thru Jun 27<br><br>Sun 8:00PM <b>or</b><br>Tue 12:00PM<br>&<br>Wed 8:00PM <b>or</b><br>Fri 12:00PM | Apr 7<br>10:00am -7:30pm<br><br>Apr 14<br>10:00am - 5:30pm<br><br>Apr 21<br>10:00am - 7:00pm<br><br>Apr 28<br>10:00am - 5:00pm | <b>May 2</b> 5:00PM to<br>8:45PM/ <b>May 3</b> 11<br>10:00AM to 3:15PM<br><br><b>May 9</b> 5:00PM to<br>8:15PM/ <b>May 10</b><br>10:00AM to 1:30PM<br><br><b>May 16</b> 5:00PM to<br>8:15PM/ <b>May 17</b><br>10:00AM to 3:15PM<br><br><b>May 30</b> 5:00PM to<br>8:15PM/ <b>May 31</b><br>10:00AM to 1:30PM | Week of May 18 thru<br>Aug 7<br><br>Sun 7:00 PM <b>or</b><br>Tue 10:00AM<br>&<br>Wed 7:00PM <b>or</b><br>Thu 10:00AM | Jun 2<br>10:00am -7:30pm<br><br>Jun 9<br>10:00am - 5:30pm<br><br>Jun 16<br>10:00am - 7:00pm<br><br>Jun 23<br>10:00am - 5:00pm | Week of Jun 9 thru<br>Aug 15<br><br>Mon 8:30PM <b>or</b><br>Tues 11:00AM<br>&<br>Wed 8:30PM <b>or</b><br>Fri 11:00AM |
| <b>Early Bird<br/>Registration<br/>Deadline 3/17/25</b>  | <b>Early Bird<br/>Registration<br/>Deadline 2/24/25</b>  | <b>Early Bird<br/>Registration<br/>Deadline 3/20/25</b>  | <b>Early Bird<br/>Registration<br/>Deadline 4/7/25</b>   | <b>Early Bird<br/>Registration<br/>Deadline 4/21/25</b>   | <b>Early Bird<br/>Registration<br/>Deadline 4/28/25</b>  |
| <b>Register by<br/>4/17/25</b>   | <b>Register by<br/>3/27/25</b>   | <b>Register by<br/>4/23/25</b>   | <b>Register by<br/>5/8/25</b>  | <b>Register by<br/>5/22/25</b>  | <b>Register by<br/>5/29/25</b>   |

# 2025 July – September Module 1 Cohorts

All classes are in Eastern Time

| <b>July<br/>9-Week</b><br><br>Two 90-Minute<br>Classes/week   | <b>July<br/>4-Week</b><br><br>Fridays  | <b>August<br/>4-Week</b><br><br>Mondays  | <b>August<br/>9-Week</b><br><br>Two 90-Minute<br>Classes/week   | <b>September<br/>4-Week</b><br><br><b>Friday<br/>Nights/Saturdays</b>   | <b>September<br/>9-Week</b><br><br>Two 90-Minute<br>Classes/week   |
|---|--|--|---|---|--|
| Week of July 13<br>thru Sep 18<br><br>Sun 8:00PM <i>or</i><br>Tue 12:00PM<br>&<br>Wed 8:00PM <i>or</i><br>Thu 12:00PM | Jul 11<br>10:00am -7:30pm<br><br>Jul 18<br>10:00am - 5:30pm<br><br>Jul 25<br>10:00am - 7:00pm<br><br>Aug 1<br>10:00am - 5:00pm | Aug 18<br>10:00am -7:30pm<br><br>Aug 25<br>10:00am - 5:30pm<br><br>Sep 8<br>10:00am - 7:00pm<br><br>Sep 15<br>10:00am - 5:00pm | Week of Aug 10 thru<br>Oct 16<br><br>Sun 7:00 PM <i>or</i><br>Tue 10:00AM<br>&<br>Wed 7:00PM <i>or</i><br>Thu 10:00AM | <b>Sep 19</b> 5:00PM to<br>8:45PM/ <b>Sep 20</b><br>10:00AM to 3:15PM<br><br><b>Sep 26</b> 5:00PM to<br>8:15PM/ <b>Sep 27</b><br>10:00AM to 1:30PM<br><br><b>Oct 3</b> 5:00PM to<br>8:15PM/ <b>Oct 4</b><br>10:00AM to 3:15PM<br><br><b>Oct 10</b> 5:00PM to<br>8:15PM/ <b>Oct 11</b><br>10:00AM to1:30PM | Week of Sep 15<br>thru Nov 14<br><br>Mon 8:00PM <i>or</i><br>Tue 11:00AM<br>&<br>Thu 8:00PM <i>or</i><br>Fri 11:00AM |
| <b>Early Bird<br/>Registration<br/>Deadline 6/2/25</b>  | <b>Early Bird<br/>Registration<br/>Deadline 5/29/25</b>  | <b>Early Bird<br/>Registration<br/>Deadline 7/7/25</b>   | <b>Early Bird<br/>Registration<br/>Deadline 7/7/25</b>  | <b>Early Bird<br/>Registration<br/>Deadline 8/7/25</b>  | <b>Early Bird<br/>Registration<br/>Deadline 8/4/25</b>   |
| <b>Register by<br/>6/26/25</b>  | <b>Register by<br/>6/26/25</b>   | <b>Register by<br/>8/7/25</b>  | <b>Register by<br/>7/31/25</b>  | <b>Register by<br/>9/10/25</b>  | <b>Register by<br/>9/4/25</b>  |

# 2025 October – December Module 1 Cohorts All classes are in Eastern Time

| October<br>9-Week                                      | October<br>4-Week                                       | November<br>4-Week                                      | November<br>9-Week                                      | December<br>4-Week  | December<br>9-Week                                       |
|--|---|---|---|---|--|
| Two 90-Minute<br>Classes/week                          | Mondays   | Mondays   | Two 90-Minute<br>Classes/week                           | <b>Friday<br/>Nights/Saturdays</b>  | Two 90-Minute<br>Classes/week                            |
| Week of Oct 12<br>thru Dec 18                          | Oct 6<br>10:00am -7:30pm                                | Nov 10<br>10:00am -7:30pm                               | Week of Nov 3 thru<br>Jan 22                            | <b>Dec 12</b> 5:00PM to<br>8:45PM/ <b>Dec 13</b><br>10:00AM to 3:15PM         | Week of Dec 1 thru<br>Feb 12 2026                        |
| Sun 8:00PM <i>or</i><br>Mon 12:00PM<br>&               | Oct 13<br>10:00am - 5:30pm                              | Nov 17<br>10:00am - 5:30pm                              | Mon 8:30 PM <i>or</i><br>Tue 10:00AM<br>&               | <b>Dec 19</b> 5:00PM to<br>8:15PM/ <b>Dec 20</b><br>10:00AM to 1:30PM         | Mon 7:00PM <i>or</i><br>Tue 12:00PM<br>&                 |
| Wed 8:00PM <i>or</i><br>Thu 12:00PM                    | Oct 20<br>10:00am - 7:00pm                              | Dec 1<br>10:00am - 7:00pm                               | Wed 8:30PM <i>or</i><br>Thu 10:00AM                     | <b>Jan 9</b> 5:00PM to<br>8:15PM/ <b>Jan 10 2026</b><br>10:00AM to 3:15PM     | Wed 7:00PM <i>or</i><br>Thu 12:00PM                      |
|  | Oct 27<br>10:00am - 5:00pm                              | Dec 8<br>10:00am - 5:00pm                               |   | <b>Jan 16 10</b> 5:00PM to<br>8:15PM/ <b>Jan 17 2026</b><br>10:00AM to 1:30PM |  |
| <b>Early Bird<br/>Registration<br/>Deadline 9/2/25</b> | <b>Early Bird<br/>Registration<br/>Deadline 8/25/25</b> | <b>Early Bird<br/>Registration<br/>Deadline 9/29/25</b> | <b>Early Bird<br/>Registration<br/>Deadline 9/22/25</b> | <b>Early Bird<br/>Registration<br/>Deadline 10/30/25</b>                      | <b>Early Bird<br/>Registration<br/>Deadline 10/20/25</b> |
| <b>Register by<br/>9/25/25</b>                         | <b>Register by<br/>9/25/25</b>                          | <b>Register by<br/>10/30/25</b>                         | <b>Register by<br/>10/23/25</b>                         | <b>Register by<br/>12/3/25</b>  | <b>Register by<br/>11/20/25</b>                          |