

Day/Night Combo Schedule 2024

DAY: Tuesday & Thursday 9:30am-1:30pm + Saturday 10am-7pm

NIGHT: Tuesday & Thursday 6:00pm-10:00pm + Saturday 10am-7pm

Swedish Foundations (19 Weeks)

Week 1	Date	Day	Subject	Objectives	Hours	AM	PM
Live	9/3/24	Tu	Practical	Opening Circle & First Touch	4	Cynthia	Jessica
Live	9/5/24	Th	Practical	Grounding & Centering & Intro Draping	4	Miles	Tiffany
Zoom Opt	9/7/24	Sat	APK	Intro to the Body	4	Cynthia	
Zoom Opt	9/7/24	Sat	H&H	Self Care	4	Cynthia	
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Week 2	Date	Day	Subject	Objectives	Hours	AM	PM
Live	9/10/24	Tu	Practical	Review G&C/Drape + Effleurage Intro	4	Cynthia	Jessica
Live	9/12/24	Th	Practical	Review Effleurage + Petrissage Intro	4	Cynthia	Tiffany
Zoom Opt	9/14/24	Sat	APK	Skeleton + Cells & Tissues	4	Cynthia	
Pref. Live	9/14/24	Sat	Patho	General Contrasts/Meds/Endangerments	4	Cynthia	
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Week 3	Date	Day	Subject	Objectives	Hours	AM	PM
Live	9/17/24	Tu	Practical	Blindfolded Massage + Backs	4	Cynthia	Jessica
Live	9/19/24	Th	Practical	Review Back + Prone Arms & Neck	4	Miles	Tiffany
Zoom Opt	9/21/24	Sat	APK	Skeletal & Muscular + Backs/Abs	4	Cynthia	
Zoom Opt	9/21/24	Sat	H&H	Sanitation & Tools	4	Cynthia	
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Week 4	Date	Day	Subject	Objectives	Hours	AM	PM
Live	9/24/24	Tu	Practical	Tapotement & Prone Legs (DAY)	4	Cynthia	ABSENT
Live	9/26/24	Th	Practical	Vibration + Prone Full Body	4	Miles	Tiffany
Zoom Opt	9/28/24	Sat	APK	Integumentary & Nervous + Pelvic Girdle	4	Cynthia	
Live	9/28/24	Sat	Ethics	Ethics 1	4	Cynthia	
					16		
Week 5	Date	Day	Subject	Objectives	Hours	AM	PM
Live	10/1/24	Tu	Practical	Tapotement & Prone Legs (NIGHT)	N/A	ABSENT	Jessica
Zoom Opt	10/3/24	Th	Theory	SOAP Notes & Documentation	4	Miles	Tiffany
Zoom Opt	10/5/24	Sat	APK	Cardio & Respiratory + Shoulder Girdle	4	Cynthia	
Zoom Opt	10/5/24	Sat	H&H	Infection Control	4	Cynthia	

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Week 6	Date	Day	Subject	Objectives	Hours	AM	PM
Zoom Opt	10/8/24	Tu	Theory	History of Massage/Intro Modalities	4	Cynthia	Miles
Live	10/10/24	Th	Practical	Friction + Supine Legs	4	Miles	Tiffany
	10/12/24	Sat		COLUMBUS/INDIGENOUS PEOPLES' DAY HOLIDAY			
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Week 7	Date	Day	Subject	Objectives	Hours	AM	PM
Live	10/15/24	Tu	Practical	Supine Arms + Chest/Neck/Face	4	Cynthia	Jessica
Live	10/17/24	Th	Practical	Review 5 Strokes + Supine Full Body	4	Miles	Tiffany
Zoom Opt	10/19/24	Sat	APK	Digestive & Urinary + Lower Leg/Arm	4	Cynthia	
Live	10/19/24	Sat	Lab	Joint Anatomy & ROM	4	Cynthia	
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Week 8	Date	Day	Subject	Objectives	Hours	AM	PM
Live	10/22/24	Tu	Practical	Swedish Stretches + Abdomen	4	Cynthia	Jessica
Live	10/24/24	Th	Practical	Full Body Session (flow & timing)	4	Miles	Tiffany
Zoom Opt	10/26/24	Sat	APK	Lymphatic & Endocrine + Head/Face/Neck	4	Cynthia	
Zoom Opt	10/26/24	Sat	H&H	Safety (Physical & Sexual)	4	Cynthia	
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Week 9	Date	Day	Subject	Objectives	Hours	AM	PM
Live	10/29/24	Tu	Practical	Sidelying Swedish	4	Cynthia	Jessica
Live	10/31/24	Th	Practical	Intake Interview + 50min Relax Session 1	4	Miles	Staff
Zoom Opt	11/2/24	Sat	APK	Reproductive & Special Senses + Microstructures	4	Cynthia	
Zoom Opt	11/2/24	Sat	H&H	Safety (Mental/Emotional/Energetic)	4	Cynthia	
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Week 10	Date	Day	Subject	Objectives	Hours	AM	PM
Live	11/5/24	Tu	Practical	Intake Interview + 50min Relax Session 2	4	Cynthia	Jessica
Live	11/7/24	Th	Practical	50min Treatment Session 1	4	Miles	Staff
	11/9/24	Sat		VETERANS' DAY HOLIDAY			
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Week 11	Date	Day	Subject	Objectives	Hours	AM	PM
Appt	11/12/24	Tu	Practical	50min Treatment Session 2	4	Cynthia	Jessica
Appt	11/14/24	Th	Practical	Practical Midterm - By Appt	2	Miles	Tiffany
Zoom Opt	11/16/24	Sat	Patho	Hot/Cold Therapies & SW Strokes Contra	4	Cynthia	
Live	11/16/24	Sat	Ethics	Ethics 2	4	Cynthia	
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Week 12	Date	Day	Subject	Objectives	Hours	AM	PM
Live	11/19/24	Tu	Practical	Fully-Clothed Swedish	4	Cynthia	Jessica
Appt	11/21/24	Th	Practical	Practical Midterm - By Appt	N/A	Miles	Tiffany
Pref. Live	11/23/24	Sat	APK	Fascial Web Day	4	Cynthia	
Live	11/23/24	Sat	Ethics	Ethics 3	4	Cynthia	
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THANKSGIVING HOLIDAY (11/28/24)

Week 13	Date	Day	Subject	Objectives	Hours	AM	PM
Live	12/3/24	Tu	Practical	Pregnancy 1	4	Cynthia	Jessica
Live	12/5/24	Th	Practical	80min Relaxation 1	4	Miles	Tiffany
Zoom Opt	12/7/24	Sat	Patho	Special Populations + Psychological Conditions	4	Cynthia	
Zoom Opt	12/7/24	Sat	APK	Tissue Repair & the Pain Cycle	4	Cynthia	
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Week 14	Date	Day	Subject	Objectives	Hours	AM	PM
Live	12/10/24	Tu	Practical	Pregnancy 2	4	Cynthia	Jessica
Live	12/12/24	Th	Practical	80min Relaxation 2	4	Miles	Tiffany
Zoom Opt	12/14/24	Sat	APK	Anatomy of Trauma	4	Cynthia	
Pref. Live	12/14/25	Sat	APK	Test Review APK	4	Cynthia	
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Week 15	Date	Day	Subject	Objectives	Hours	AM	PM
Live	12/17/24	Tu	Practical	Pregnancy 3	4	Cynthia	Cynthia
Live	12/19/24	Th	Practical	80min Treatment 1	4	Miles	Tiffany

WINTER HOLIDAYS

Live	1/4/25	Sat	Practical	Chair Massage 1	4	Alison	
Live	1/4/25	Sat	Practical	Chair Massage 2	4		
					16		

CLASS CANCELLED 1/7-1/11

Week 16	Date	Day	Subject	Objectives	Hours	AM	PM
Zoom Only	1/14/25	Tu	Theory	Evidence-Based Practice	4	Cynthia	
Live	1/16/25	Th	Practical	80min Treatment 2	4	Miles	Tiffany
	1/18/25	Sat		MLK DAY HOLIDAY			
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Week 17	Date	Day	Subject	Objectives	Hours	AM	PM
Live	1/21/25	Tu	Practical	Pregnancy 4	4	Cynthia	Jessica
Appt	1/23/25	Th	Practical	Practical Final - 80min on teacher by apt	2	Miles	Tiffany
Live	1/25/25	Sat	Lab	Intro to Spa Tools 1	4	Cynthia	

Live	1/25/25	Sat	Lab	Intro to Spa Tools 2	4	Staff	
					14		
Week 18	Date	Day	Subject	Objectives	Hours	AM	PM
Live	1/28/25	Tu	Practical	Swedish Guest Day	4	Cynthia	Jessica
Live	1/30/25	Th	Practical	Practical Final - 80min on teacher by apt	N/A	Miles	Tiffany
Pref. Live	2/1/24	Sat	Theory	Intro Energy	4	Toby	
Pref. Live	2/1/25	Sat	Theory	Review for Written Final	4	Cynthia	
					12		
Week 19	Date	Day	Subject	Objectives	Hours	AM	PM
Live	2/4/25	Tu	Theory	Written Final	4	Cynthia	Jessica
Live	2/6/25	Th	Lab	Kinatomy Fundamentals	4	Cynthia	Cynthia
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Deep Tissue Foundations (18 weeks)							
Week 1	Date	Day	Subject	Objectives	Hours	AM	PM
Pref. Live	2/8/25	Sat	Theory	Opening Circle/Deep Tissue Theory	4	Cynthia	
Live	2/8/25	Sat	Practical	Intro Deep Tissue	4	Cynthia	
					8		
Week 2	Date	Day	Subject	Objectives	Hours	AM	PM
Pref. Live	2/11/25	Tu	APK	Thigh	4	Cyntha	Jessica
Live	2/13/25	Th	Practical	Legs: Quads & Hamstrings	4	Miles	Tiffany
	2/15/25			PRESIDENTS' DAY HOLIDAY			
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Week 3	Date	Day	Subject	Objectives	Hours	AM	PM
Pref. Live	2/18/25	Tu	APK	Hips	4	Cynthia	Jessica
Live	2/20/25	Th	Practical	Legs: Glutes & Adductors	4	Miles	Tiffany
Zoom Opt	2/22/25	Sat	Patho	Nervous & Respiratory Conditions	4	Cynthia	
Zoom Opt	2/22/25	Sat	Biz	Business Terminology	4	Cynthia	
					16		
Week 4	Date	Day	Subject	Objectives	Hours	AM	PM

Pref. Live	2/25/25	Tu	APK	Lower Legs	4	Cynthia	Jessica
Live	2/27/25	Th	Practical	Legs: Lower Leg & Foot	4	Miles	Tiffany
Live	3/1/25	Sat	Practical	Legs: Treatment Planning Sidelying	4	Cynthia	
Live	3/1/25	Sat	Practical	Legs: Orthopedic Testing	4	Veronica	
					16		
Week 5	Date	Day	Subject	Objectives	Hours	AM	PM
Live	3/4/25	Tu	Practical	Legs: Treatment Planning Review	4	Cynthia	Jessica
Pref. Live	3/6/25	Th	APK	Back/Abs	4	Miles	Tiffany
Zoom Opt	3/8/25	Sat	Patho	Cardiovascular & Digestive Conditions	4	Cynthia	
Zoom Opt	3/8/25	Sat	Biz	How to get a Spa Job	4	Cynthia	
					16		
Week 6	Date	Day	Subject	Objectives	Hours	AM	PM
Live	3/11/25	Tu	Practical	Trunk: Back	4	Cynthia	Jessica
Live	3/13/25	Th	Practical	Trunk: Abdomen & Iliopsoas	4	Miles	Tiffany
Zoom Opt	3/15/25	Sat	Patho	Integumentary & Reproductive Conditions	4	Cynthia	
Pref. Live	3/15/25	Sat	APK	Head/Neck/Face	4	Cynthia	
					16		
Week 7	Date	Day	Subject	Objectives	Hours	AM	PM
Live	3/18/25	Tu	Practical	Trunk: Neck	4	Cynthia	Jessica
Live	3/20/25	Th	Practical	Trunk: Treatment Planning Sidelying	4	Miles	Tiffany
Zoom Opt	3/22/25	Sat	Patho	Skeletal & Lymphatic Conditions	4	Cynthia	
Live	3/22/25	Sat	Practical	Trunk: Orthopedic Testing	4	Veronica	
					16		
Week 8	Date	Day	Subject	Objectives	Hours	AM	PM
Live	3/25/25	Tu	Practical	Trunk: Treatment Planning Review	4	Cynthia	Jessica
Pref. Live	3/27/25	Th	APK	Shoulder	4	Miles	Tiffany
Live	3/29/25	Sat	Practical	Scapula	4	Cynthia	
Live	3/29/25	Sat	Lab	Intro to Thai	4	Sierra	
					16		
Week 9	Date	Day	Subject	Objectives	Hours	AM	PM
Live	4/1/25	Tu	Practical	Arms: Chest & Shoulder	4	Cynthia	Jessica
Pref. Live	4/3/25	Th	APK	Arms	4	Miles	Tiffany
Live	4/5/25	Sat	Practical	Arms: Arm & Hand	4	Cynthia	
Live	4/5/25	Sat	Practical	Arms: Orthopedic Testing	4	Veronica	
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Week 10	Date	Day	Subject	Objectives	Hours	AM	PM
Live	4/8/25	Tu	Practical	Arms: Treatment Planning Sidelying	4	Cynthia	Jessica
Live	4/10/25	Th	Practical	Arms: Treatment Planning Review	4	Miles	Tiffany
Live	4/12/25	Sat	Lab	Intro to MFR	4	Frances	
Live	4/12/25	Sat	Lab	Intro to MFR	4	Frances	
					16		
SPRING BREAK 4/13-21							
Week 11	Date	Day	Subject	Objectives	Hours	AM	PM
Live	4/22/25	Tu	Practical	50 min Full Body	4	Cynthia	Jessica
Live	4/24/25	Th	Practical	50 Min Full Body	4	Miles	Tiffany
Zoom Opt	4/26/25	Sat	Patho	Endocrine & Cancer Conditions	4	Cynthia	
Zoom Opt	4/26/25	Sat	APK	TPs, Scars, & Surgeries	4	Cynthia	
					16		
Week 12	Date	Day	Subject	Objectives	Hours	AM	PM
Live	4/29/25	Tu	Practical	50 min Treatment	4	Cynthia	Jessica
Live	5/1/25	Th	Practical	50 min Treatment	4	Miles	Tiffany
Pref. Live	5/3/25	Sat	Biz	The Self-Employed MT	4	Frances	
Zoom Opt	5/3/25	Sat	Patho	Muscular & Urinary Conditions	4	Cynthia	
					16		
Week 13	Date	Day	Subject	Objectives	Hours	AM	PM
Live	5/6/25	Tu	Practical	80 min Full Body	4	Cynthia	Jessica
Live	5/8/25	Th	Practical	80 min Treatment	4	Miles	Tiffany
Pref. Live	5/10/25	Sat	APK	Test Review APK	4	Cynthia	
Zoom Only	5/10/25	Sat	Patho	Pathology Review	4	Cynthia	
					16		
Week 14	Date	Day	Subject	Objectives	Hours	AM	PM
Live	5/13/25	Tu	Practical	80 min Treatment	4	Cynthia	Jessica
Appt	5/15/25	Th	Practical	Practical Midterm - by appt	2	Miles	Tiffany
Live	5/17/25	Sat	Theory	MBLEX I	4	Cynthia	
Appt	5/17/25	Sat	Practical	Practical Midterm - by appt	N/A	Cynthia	
					10		
Week 15	Date	Day	Subject	Objectives	Hours	AM	PM
Live	5/20/25	Tu	Practical	Deep Tissue Guest Day	4	Cynthia	Jessica
Appt	5/22/25	Th	Practical	Practical Midterm - by appt	N/A	Miles	Tiffany
	5/24/25	Sat		MEMORIAL DAY HOLIDAY			

					4		
Week 16	Date	Day	Subject	Objectives	Hours	AM	PM
Live	5/27/25	Tu	Practical	Integrative Massage	4	Cynthia	Jessica
Live	5/29/25	Th	Practical	Integrative Massage	4	Miles	Tiffany
Pref. Live	5/31/25	Sat	Theory	MBLEX Review	4	Cynthia	
Live	5/31/25	Sat	Lab	Intro to Lymphatic Drainage	4	Staff	
					16		
Week 17	Date	Day	Subject	Objectives	Hours	AM	PM
Live	6/3/25	Tu	Practical	Integrative Massage	4	Cynthia	Jessica
Appt	6/5/25	Th	Practical	Practical Final - by appt	N/A	Miles	Tiffany
Appt	6/7/25	Sat	Practical	Practical Final - by appt	2	Cynthia	
Pref. Live	6/7/25	Sat	Biz	Business Visioning	4	Toby	
					10		
Week 18	Date	Day	Subject	Objectives	Hours	AM	PM
Live	6/10/25	Tu	Practical	Integrative Guest Day	4	Cynthia	Jessica
Appt	6/12/25	Th	Practical	Practical Final - by appt	N/A	Miles	Tiffany
Live	6/14/25	Sat	Theory	MBLEX II	4	Cynthia	
Pref. Live	6/14/25	Sat	Theory	Closing Circle	4	Cynthia	
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