

LAB

STUDIOS

BARRE TEACHER TRAINING

ONLINE MODULES

29 July to 29 Aug 2025
At your own pace

IN-PERSON WORKSHOPS

30, 31 Aug, 6, 7 Sep 2025
8.30am to 6.30pm
Lab Academy Training Centre
28 Senang Crescent

**Get the best of both worlds with
Singapore's first ever blended learning
Barre Teacher Training.**

Pace your learning with our online modules, delivered in bite-sized videos and accessible any time up to 6 months.

Expect more hands-on, practice-teaching and valuable interaction with your trainers and classmates when we meet in-person.

INVESTMENT (Full Price): **\$2,800**

EARLY
BIRD
\$2,500
Until
30 July 2025

READY TO COMMIT?

Confirm your spot by
transferring your course fees to:

LAB TRAINING PRIVATE LIMITED
OCBC 601709074001
or UEN202143465D

or PayLater* by **atome** 

*Additional 5% surcharge applies



FIRST COME FIRST SERVED.

Please direct your queries to Leandra@Labstudios.com

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ARE THERE ANY PRE-REQUISITES FOR THE TRAINING?

All trainees should have a consistent barre practice and have completed at least 20 barre classes before the training.

WHY IS THERE A NEED TO LAUNCH A BLENDED LEARNING APPROACH?

Since we started the Academy in 2022, we realized that the in-person sessions can be more valuable and effective for trainees when we spend more time on practical methods. However, there is still a substantial amount of theory that needs to be covered. We've designed the new curriculum in a way that allows trainees to learn at their own pace before meeting in-person for group interactions and learning.

IS THERE A DAILY TRAINING SCHEDULE?

We will start the day with a morning practice followed by lecture, hands-on and practice-teach to cover the material of the day. We will have one morning break, lunch break and an afternoon break.

WHAT IF I CANNOT ATTEND ONE OF THE SESSIONS?

We have planned the in-person sessions to be conducted in a way that benefits you when you are in attendance and participating in the session. However, in the event of an emergency, you may have the option to attend via Zoom. This is reviewed on a case-by-case basis. Please plan to be present at all in-person timings.

ARE THERE ANY EXAMINATIONS AFTER THE COURSE?

Before attending the in-person sessions, it is compulsory to complete and pass a quiz after the online modules. This ensures you have understood the material. Post-training, you will need to complete 10 class observations and 10 practice-teach sessions. After which, on examination day, you will be asked to teach a selected workout segment (15min) to get your Teaching Certificate.

HOW DO I QUALIFY FOR THE BARRE LAB ACADEMY MENTORSHIP?

We are on the lookout for trainees who fulfill and exceed all post-training requirements, have a good attitude and who understand the brand to grow with us.

OKAY, I AM READY TO SIGN UP! WHAT SHOULD I DO NEXT?

Awesome! You can confirm your spot by transferring the course fees to:

LAB TRAINING PRIVATE LIMITED (OCBC 601709074001) or PayLater via Atome.

Please email Leandra upon payment and we will send you an invoice.

HEAR FROM OUR GRADUATES >>

