

BUPA BOOST WELL : PARTICIPATING BODY CONTROL PILATES TEACHERS

GREATER LONDON	Contact Details	50% off 1:1	Free Class	Main Location	Website
Teacher					
Body Control Pilates Centre	info@bodycontrol.co.uk 02076 368900	YES	YES	Covent Garden	www.bodycontrolpilates.com
Theodora Vardikou	Pilateswithdorit@gmail.com 07970 647078	YES	NO	Hackney	
Belinda Moss	belindajanemoss@gmail.com 07713 810220	YES	YES	Woodford Green	www.pilatesenvigour.co.uk
Marla Ezer	marlaezer2@gmail.com 07958 487107	YES	YES	Crouch End	
Ali Jerman	alijerman@yahoo.co.uk 07765 915756	YES	YES	Camden	
Gillian Greenwood	pilates@gilliangreenwood.com 02073 853577	YES	YES	Fulham	www.gilliangreenwood.com
Alison Toh MacPherson	coredynamicsstudio@gmail.com 07702 477442	YES	YES	Fulham	www.facebook.com/coredynamicsstudio
Helena Belither	info@pilatesbyhelena.co.uk 07900 890439	YES	NO	Fulham	www.pilatesbyhelena.co.uk
Candida Mead	candida@icandimethod.com 07766 683700	YES	YES	Fulham	www.icandimethod.com
Marie Faillenot	mariepinson@yahoo.com 07825 743113	YES	YES	Putney	
Lynn Gant	pilatesplus@hotmail.com 07931 304372	YES	YES	Finchley	www.pilatesplusphysio.org
Marina Bowry	marina.fitness@sky.com 07958 794876	YES	YES	Mill Hill	
Lesley O'Neill	lesleyoneillpilates@mac.com 07808 137193	YES	NO	Central	www.lesleyoneillpilates.co.uk
Dr Karen Robb	drk.robb@gmail.com 07958 766877	YES	NO	Mile End/Greenwich	www.greenwichpilates.co.uk
Sophie Rimmer	sophie@cloud9pilates.co.uk 07818 445673	YES	NO	Blackheath	www.cloud9pilates.co.uk
Agnes Moser	agnes@thepilatesbase.com 07572 442228	YES	YES	Greenwich	www.thepilatesbase.com
Julie Van Leer	julie@julievanleerpilates.co.uk 07944 498126	YES	YES	Catford	www.julievanleerpilates.co.uk
Joeli Dale	joelispilates@gmail.com 07736 551159	YES	YES	Catford	www.joelispilates.co.uk
Danielle Valens	Daniellevalens@hotmail.com 07958 900288	YES	YES	Brixton	www.perfectpoisepilates.co.uk
Karen Meek	kmeek50@gmail.com 07710 331037	YES	YES	Herne Hill	
Wendy Scott	info@gaiastudio.co.uk 07771 657113	YES	YES	Camberwell	www.gaiastudio.co.uk
Eleni Molida-McEwan	mollydpilates@yahoo.co.uk 07947 716028	YES	NO	Rotherhithe	www.facebook.com/MollyDPilates
Melanie Christou	hello@melaniechristoupilates.co.uk 07929 095678	YES	YES	Rotherhithe	www.melaniechristoupilates.co.uk
Diane Aben	Dianeaben@hotmail.com 07913 425753	YES	YES	Upper Norwood	
Danielle Valens	Daniellevalens@hotmail.com 07958 900288	YES	YES	Streatham	www.perfectpoisepilates.co.uk
Jo Higlett	adultclasses@cliffordstudios.co.uk 07739 006506	YES	YES	East Sheen	www.cliffordstudios.co.uk
Perihan Sadovski	Perihansadovski@gmail.com 07906 750026	YES	NO	Hendon	www.allpilates.co.uk
Victoria Enaut	victoria@bodyinmotionpilates.co.uk 07972 237629	YES	YES	Islington	www.bodyinmotionpilates.co.uk
Rosa Reeve	Rosa@pilatespluswellness.com 07879 637733	YES	YES	Lambeth	www.pilatespluswellness.com
Alice Nebel	alice@islingtonpilates.com 07763 369870	YES	YES	Holloway	www.islingtonpilates.com
Tina Moran	tina@yolopilates.uk 07910 541701	YES	YES	Haringey	www.yolopilates.uk
Alex Marshall	alex@flexitstretch.it 07496 072878	YES	YES	Islington	www.flexitstretch.it
Amanda Hermitage	amandyh@aol.com 07702 174468	YES	YES	SW11	www.amandahermitage.com
Conchita del Campo	conchitadelcampo@yahoo.co.uk 02074 830952	YES	YES	Swiss Cottage	
Olivia Guest	livpilates@outlook.com 07813 001130	YES	YES	Islington	www.Liv-Pilates.com
Renata dos Passos De Almeida	rpilates@hotmail.co.uk 07917 874559	YES	YES	Haringey	www.renatapilates.co.uk
Carolyn Jarvis	Carolynjarvis@hotmail.com 07813 605525	YES	YES	Muswell Hill	
Heather Brannen	heather@pilatesclub.co.uk 07961 125215	YES	NO	Bushey Hill	www.pilatesclub.co.uk
Deanna Wisbey	deanna963@btinternet.com 07792 264940	YES	YES	East Finchley	www.pilateseastfinchley.co.uk
Lynn Edmonstone	lynnedmonstone@hotmail.com 07703 175257	YES	YES	Central	www.bodycontrolpilates.com/shop/information/info_id-301.html
Samantha White	sam@mylocalpilates.com 07708 215763	YES	YES	Hackney	www.mylocalpilates.com
Victoria Hinds	info@therichmondpilatesstudio.co.uk 07853 902032	NO	YES	South Kensington	www.therichmondpilatesstudio.co.uk
Donna Silburn	donna.silburn@btinternet.com 07730 420141	YES	YES	Battersea/SW	www.vitaliseyou.co.uk
Sophia Barker	sophia@espritdecore.co.uk 07866 588355	YES	NO	Lambeth	www.espritdecore.co.uk
Lidia Webb	pilatesSW19@btinternet.com 07789 435875	YES	YES	Wimbledon	www.pilatesSW19.co.uk
Teresa McCarthy	tessfm@hotmail.com 07956 117424	YES	YES	Wimbledon	
Simone Halfpenny	Simone.halfpenny@virgin.net 07899 811520	NO	YES	Streatham	
Cherese Binedell	cheresebinedell@gmail.com	YES	YES	SW/Central	www.pilateswithcherese.co

	07810 745452				
Chloe Paterson	chloe.pats@hotmail.co.uk/ 07771 848553	YES	YES	Hackney	www.chloepaterson.com
Rachel Bish	rachel@restorebalance.co.uk 07748 278801	YES	NO	Belsize Park	
Alice Gramlick	alice@bodylovepilates.com 07947 127013	YES	NO	Kensal Rise	www.bodylovepilates.com
Carol Aikin	carol@pilateswithcarol.co.uk 07866 480206	YES	YES	Richmond	www.pilateswithcarol.co.uk
Alex Mavrocordatos	alex@orthoPilates.com 07717 463665	YES	YES	Kentish Town	www.orthoPilates.com
Ellen Leishman	ellenleishman@hotmail.com 07708 546 756	YES	YES	Bethnal Green	www.ellenleishmanpilates.com
Cora Monticelli	corpilates@hotmail.com 07535 463068	YES	YES	Westminster	
Caroline Kinch	caroline@up-urbanpilates.com 07946 40118	YES	YES	Haringey	www.up-urbanpilates.com
Eleshia Harris	info@eleshialifestyle.com 07956 451489	YES	YES	Hanwell	www.eleshialifestyle.com
Sharon Eva Degen	sharon.degen@aol.co.uk 07521 648127	YES	YES	Tufnell Park	
Lily Dettmer	lilydpilates@gmail.com 07941 862972	YES	YES	Waltham Forest	www.lilydpilates.com
Susan Quirke	Susan@q-mc.co.uk 07903 171379	YES	YES	Ealing	www.pilatesbydesign.co.uk
Gina John	ospreyclinic@btinternet.com 07930 981215	YES	YES	Hampstead	www.theospreyclinic.co.uk
Agneta Lindberg	agneta@studiolindberg.com 07957 233134	YES	YES	Westminster	www.studiolindberg.com
Tallulah Sheffield	tallulahpilates@gmail.com 07810 444422	NO	YES	Hammersmith	
Jayne Hurwitz	Jayne@17Pilates.co.uk 07811 464100	YES	YES	Wanstead	
Judy Bertram	www.judybertrampilates.co.uk 07762 753514	YES	YES	North Harrow	www.judybertrampilates.co.uk
Richard Norrington	richard@primapilates.co.uk 07506 001406	YES	YES	Feltham	primapilates.co.uk
Elizabeth Roberts	mrsr1104@hotmail.co.uk 07771 918240	YES	YES	Ruislip	
Cynthia Young	Cynthia@performpilates.co.uk 07425 143203	YES	YES	Twickenham	www.performpilates.co.uk
Ros Innes	rosinnes.pilates@gmail.com 07790 580743	YES	NO	Kings Cross	www.harccourtclinic.com
Nadia Dahlawi	fypilates@gmail.com 07966 405085	YES	YES	Central	https://www.facebook.com/fypilates/
Han Cherry	pilateswithhan@gmail.com 07799 691195	YES	YES	Wanstead	http://pilateswithhan.wixsite.com/home
Rebecca Elphick	pilateswithbecki@hotmail.com 07887 750367	YES	YES	Haringey	www.pilateswithbecki.com
Amanda Noble	mandynoble@blueyonder.co.uk 07971 193095	YES	YES	Kingston	www.physiokingston.co.uk
Simon Lindsay	simonlindsay88@gmail.com 07725 608865	YES	YES	London	www.simonlindsaypilates.com
Mara Domenici	info@pilatesandrehab.com 02034 904480	YES	YES	Greenwich	www.pilatesandrehab.com
Mara Domenici	info@homepilateslondon.com 07552 472776	YES	YES	London	www.homepilateslondon.com
Ella Porter	pilateswithella@gmail.com 07811 948217	YES	YES	Greenwich	
Jacqueline Pye	thecentredbody@hotmail.co.uk 07952 921636	YES	YES	City/SW	www.thecentredbody.co.uk
Jo Hatherley	jo@totalprecisionpilates.com 07900 247352	YES	NO	Pinner/Hatch End	www.totalprecisionpilates.com
Laura Freedman	laura.freedman@mac.com 07802 755440	YES	NO	North West	
Diana West	diana.west@kingstonpilatesstudio.co.uk 07973 640 544	YES	YES	Kingston upon Thames	
Lydia Roper	lydiaroper@btconnect.com 07808 946682	YES	YES	Barnes	
Christine Ebrey	christine.ebrey.pilates@gmail.com 07872 902643	YES	YES	Ruislip/Uxbridge	www.christineebrey.com
Han Cherry	pilateswithhan@gmail.com 07799 691195	YES	YES	Central & East London Wanstead, Epping	www.pilateswithhan.wixsite.com/home