

| FACE TO FACE COURSES AT THE BODY CONTROL PILATES CENTRE                                      |      |              |      |                   |                   |      |
|--|------|--------------|------|-------------------|-------------------|------|
| 2023 SCHEDULE & AVAILABILITY UPDATE  | Fees | Academy Fees | Days | Times             | Status            | CPD  |
| <i>availability correct as at 17/01/23</i>   |      |              |      |                   |                   |      |
| <b>Matwork Evolution</b>   |      |              |      |                   |                   |      |
| February 25th (Saturday)   |      |              | 1    | 10am-4pm          | Fully booked      | A30  |
| May 12th (Friday)  | £150 | £135         | 1    | 10am-4pm          | Good availability | A30  |
| <b>Intermediate Matwork</b>  |      |              |      |                   |                   |      |
| January 21st & 22nd (Saturday/Sunday)  |      |              | 2    | 10am-4pm          | Fully booked      | A60  |
| March 18th & 19th (Saturday/Sunday)  | £295 | £260         | 2    | 10am-4pm          | 1 space left      | A60  |
| May 20th & 21st (Saturday/Sunday)  | £295 | £260         | 2    | 10am-4pm          | Good availability | A60  |
| <b>Advanced Matwork</b> (must have attended Intermediate Mat)                                |      |              |      |                   |                   |      |
| March 11th (Saturday)  |      |              | 1    | 9.30am-5pm        | Fully booked      | A30  |
| May 13th (Saturday)  | £165 | £148.50      | 1    | 9.30am-5pm        | Good availability | A30  |
| <b>Spine Corrector &amp; Pilates Arc</b>   |      |              |      |                   |                   |      |
| April 2nd (Sunday)   | £150 | £135         | 1    | 10am-4.30pm       | New date!         | A30  |
| <b>Reformer 1: Beginners/Intermediate</b>  |      |              |      |                   |                   |      |
| February 14th-19th (Tuesday-Sunday) <b>SPRING INTENSIVE</b>                                  |      |              | 6    | 10am-4.30pm daily | Fully booked      | A120 |
| March 18th-19th; April 1st-2nd; April 22nd-23rd  | £825 | £725         | 6    | 10am-4.30pm daily | 2 spaces left     | A120 |
| May 9th-14th (Tuesday-Sunday) <b>INTENSIVE</b>   | £825 | £725         | 6    | 10am-4.30pm daily | 3 spaces left     | A120 |
| June 17th-18th; July 1st-2nd; July 15th-16th   | £825 | £725         | 6    | 10am-4.30pm daily | Good availability | A120 |
| August 8th- 13th (Tuesday-Sunday) <b>SUMMER INTENSIVE</b>                                    | £825 | £725         | 6    | 10am-4.30pm daily | New date!         | A120 |
| <b>Reformer Supervised Teaching Workshop</b> (must have attended Reformer 1 tuition modules) |      |              |      |                   |                   |      |
| January 20th (Friday)  | £30  | £27          | 0.5  | 2pm-5pm           | Good availability | A15  |
| March 17th (Friday)  | £30  | £27          | 0.5  | 2pm-5pm           | Good availability | A15  |
| <b>Reformer Review &amp; Exam Prep Day</b> (must have attended Reformer 1 tuition modules)   |      |              |      |                   |                   |      |
| February 24th (Friday)   | £80  | £72          | 1    | 10am-3.30pm       | 1 space left      | A30  |
| <b>Reformer exams? Contact Ella Porter for more info!</b>                                    |      |              |      |                   |                   |      |
| <b>Reformer Evolution</b> (must be BCP Reformer-certified) <b>NEW COURSE!</b>                |      |              |      |                   |                   |      |
| January 22nd (Sunday)  | £150 | £135         | 1    | 10am-4pm          | Good availability | A30  |
| <b>Reformer 2: Advanced</b> (must have Reformer certification)                               |      |              |      |                   |                   |      |
| March 11th-12th (Saturday/Sunday) & March 25th-26th (Saturday/Sunday)                        | £600 | £540         | 4    | 10am-4.30pm daily | 4 spaces left     | A100 |
| <b>Reformer for Pre- &amp; Postnatal Clients</b> <b>NEW COURSE!</b>                          |      |              |      |                   |                   |      |
| February 25th (Saturday)   |      |              | 0.5  | 10am-2pm          | Fully booked      | A30  |
| <b>You must be Reformer-qualified to attend this course</b>                                  |      |              |      |                   |                   |      |
| <b>Reformer Bridging</b> (for those with Reformer certification from another provider)       |      |              |      |                   |                   |      |
| June 10th & 11th (Saturday/Sunday)   | £400 | £360         | 2    | 10am-4.30pm daily | Good availability | A100 |
| <b>Cadillac 1: Beginners</b> (must have attended Reformer 1)                                 |      |              |      |                   |                   |      |
| April 15th-16th (Saturday/Sunday)  | £325 | £275         | 2    | 10am-4.30pm daily | Good availability | A60  |
| <b>Cadillac 2: Int/Advanced</b> (must have attended Cadillac 1)                              |      |              |      |                   |                   |      |
| March 4th & 5th 2023 (Saturday/Sunday)   |      |              | 2    | 10am-4.30pm daily | Fully booked      | A60  |
| June 24th & 25th 2023 (Saturday/Sunday)  | £325 | £275         | 2    | 10am-4.30pm daily | 1 space left      | A60  |
| <b>Cadillac 3: Advanced</b> (must have attended Cadillac 2)                                  |      |              |      |                   |                   |      |
| January 21st 2023 (Saturday)   |      |              | 1    | 10am-4.30pm       | Fully booked      | A30  |
| June 3rd 2023 (Saturday)   | £180 | £160         | 1    | 10am-4.30pm       | Good availability | A30  |
| <b>Chair 1</b>   |      |              |      |                   |                   |      |
| February 4th-5th 2023 (Saturday/Sunday)  |      |              | 2    | 10am-4.30pm daily | Fully booked      | A60  |
| May 20th-21st 2023 (Saturday/Sunday)   | £325 | £275         | 2    | 10am-4.30pm daily | Good availability | A60  |
| <b>Chair 2</b> (must have attended Chair 1)  |      |              |      |                   |                   |      |
| February 25th-26th 2023 (Saturday/Sunday)  | £325 | £275         | 2    | 10am-4.30pm daily | 1 space left      | A60  |
| <b>Ladder Barrel</b>   |      |              |      |                   |                   |      |
| April 1st 2023 (Saturday)  | £180 | £160         | 1    | 10am-4.30pm       | 1 space left      | A30  |