

FACE TO FACE COURSES AT THE BODY CONTROL PILAT+A1:D32ES CENTRE			
2023 SCHEDULE & AVAILABILITY UPDATE (28/2/23)			
	Fees	Times	Status
Spine Corrector & Pilates Arc			
April 2nd (Sunday)	£215	10am-4.30pm	New date!
Reformer 1: Beginners/Intermediate			
March 18th-19th; April 1st-2nd; April 22nd-23rd			Fully Booked
May 9th-14th (Tuesday-Sunday) INTENSIVE	£945	10am-4.30pm daily	2 spaces left
June 17th-18th; July 1st-2nd; July 15th-16th	£945	10am-4.30pm daily	Good availability
August 8th- 13th (Tuesday-Sunday) SUMMER INTENSIVE	£825	10am-4.30pm daily	6 spaces left
Reformer Supervised Teaching Workshop			
March 17th (Friday)			Fully Booked
Reformer Review & Exam Prep Day			
May 21st (Sunday)			Fully Booked
Reformer 2: Advanced (must have Reformer 1 certification)			
March 11th-12th (Saturday/Sunday) & March 25th-26th (Saturday/Sunday)	£650	10am-4.30pm daily	4 spaces left
Reformer Bridging (for those with Reformer certification from another provider)			
June 10th & 11th (Saturday/Sunday)	£400	10am-4.30pm daily	Good availability
Cadillac 1: Beginners (must have attended Reformer 1)			
April 15th-16th (Saturday/Sunday)	£395	10am-4.30pm daily	1 space left
Cadillac 2: Int/Advanced (must have attended Cadillac 1)			
March 4th & 5th (Saturday/Sunday)	£375	10am-4.30pm daily	1 space left
June 24th & 25th (Saturday/Sunday)	£375	10am-4.30pm daily	Fully booked
Cadillac 3: Advanced (must have attended Cadillac 2)			
June 3rd (Saturday)	£215	10am-4.30pm	Good availability
Chair 1			
May 20th-21st (Saturday/Sunday)			Fully booked
Chair 2 (must have attended Chair 1)			
February 25th-26th (Saturday/Sunday)	£395	10am-4.30pm daily	1 space left
June 10th-11th (Saturday/Sunday)	£325	10am-4.30pm daily	2 spaces left
Ladder Barrel			
April 1st (Saturday)	£225	10am-4.30pm	2 spaces left