

FACE TO FACE COURSES AT THE BODY CONTROL PILATES CENTRE			
2023 SCHEDULE & AVAILABILITY UPDATE	Fees	Times	Status
<i>availability correct as at 25/04/23</i>			
Foam Roller			
June 3rd (Saturday)	£175	10am-4.30pm	6 spaces left
Spine Corrector & Pilates Arc			
July 15th (Saturday)	£195	10am-4.30pm	4 spaces left
Reformer 1: Beginners/Intermediate			
May 9th-14th (Tuesday-Sunday) INTENSIVE	£945	10am-4.30pm	1 space left
June 17th-18th; July 1st-2nd; July 15th-16th	£945	10am-4.30pm	6 spaces left
August 8th-13th (Tuesday-Sunday) SUMMER INTENSIVE	£945	10am-4.30pm	4 spaces left
September 16th-17th; September 30th-October 1st; October 14th-15th	£945	10am-4.30pm	New date!
October 24th-29th (Tuesday-Sunday) INTENSIVE	£945	10am-4.30pm	New date!
Reformer exam costs £190 and is payable when you book it. Contact Ella Porter for more info.			
Reformer Supervised Teaching Workshop (must have attended Reformer 1 tuition modules)			
May 5th (Friday)	£30	2pm-5pm	4 spaces left
June 16th (Friday)	£30	2pm-5pm	Good availability
Reformer Supervised Self-Practice Sessions (must have attended Reformer 1 tuition modules)			
May 20th (Saturday)	£10	2.30pm-4pm	2 spaces left
Reformer Review & Exam Prep Day (must have attended Reformer 1 tuition modules)			
April 28th (Friday)	£80	10am-3.30pm	3 spaces left
May 21st (Sunday)		10am-3.30pm	Fully booked
Reformer exams? Contact Ella Porter for more info!			
Reformer 2: Advanced (must have Reformer certification)			
August 17th-20th (Thursday-Sunday) SUMMER INTENSIVE	£650	10am-4.30pm	4 spaces left
Reformer Bridging (for those with Reformer certification from another provider)			
August 24th & 25th (Thursday/Friday)	£400	10am-4.30pm	New date!
Cadillac 1: Beginners (must have attended Reformer 1)			
July 22nd & 23rd (Saturday/Sunday)	£395	10am-4.30pm	4 spaces left
November 25th & 26th (Saturday/Sunday)	£395	10am-4.30pm	New date!
Cadillac 2: Int/Advanced (must have attended Cadillac 1)			
June 24th & 25th (Saturday/Sunday)	£395	10am-4.30pm	1 space left
October 7th & 8th (Saturday/Sunday)	£395	10am-4.30pm	New date!
Cadillac 3: Advanced (must have attended Cadillac 2)			
June 3rd (Saturday)	£215	10am-4.30pm	3 spaces left
Chair 1			
May 20th & 21st (Saturday/Sunday)		10am-4.30pm	Fully booked
July 1st & 2nd (Saturday/Sunday)	£395	10am-4.30pm	3 spaces left
October 21st & 22nd (Saturday/Sunday)	£395	10am-4.30pm	New date!
Chair 2 (must have attended Chair 1)			
June 10th-11th (Saturday/Sunday)	£395	10am-4.30pm	2 spaces left
November 18th-19th (Saturday/Sunday)	£395	10am-4.30pm	New date!
Ladder Barrel			
June 17th (Saturday)	£225	10am-4.30pm	4 spaces left
December 3rd (Sunday)	£225	10am-4.30pm	New date!
Kathy Corey 'A Day's Journey with the Masters'. Mat Workshop			
May 4th (Thursday)	£165	10am-4pm	4 spaces left