FACE TO FACE COURSES AT THE BODY CONTROL PILATES CENTRE	Current Prices						Prices after June 9th	
2023 SCHEDULE & AVAILABILITY UPDATE	Fees	Academy Fees	Days	Times	Status	CPD	Fees	Academy
availability correct as at 12/05/23								
Matwork Evolution								
May 12th (Friday)	£150	£135	1	10am-4pm	Good availability	A30		
November 18th (Saturday)	£150	£135	1	10am-4pm	2 spaces left	A30	£150	£135
Precision of Movement for Pilates Teachers								
August 18th (Friday)	£150	£135	1	10am-4pm	Good availability	A30	£150	£135
Intermediate Matwork								
May 20th & 21st (Saturday/Sunday)	£295	£260	2	10am-4pm	1 space left	A60		
June 10th & 11th (Saturday/Sunday) EDINBURGH	£345	£310	2	10am-4pm	6 spaces left	A60	£345	£310
July 8th & 9th (Saturday/Sunday)	£295	£260	2	10am-4pm	2 spaces left	A60	£310	£279
September 2nd & 3rd (Saturday/Sunday)	£295	£260	2	10am-4pm	Good availability	A60	£310	£279
November 4th & 5th (Saturday/Sunday)	£295	£260	2	10am-4pm	4 spaces left	A60	£310	£279
Advanced Matwork (must have attended Intermediate Mat)								
September 10th (Sunday)	£165	£148.50	1	9.30am-5pm	Good availability	A30	£185	£166.50
Foam Roller								
June 3rd (Saturday)	£150	£135	1	10am-4.30pm	Good availability	A30	£150	£135
Spine Corrector & Pilates Arc								
July 15th (Saturday)	£150	£135	1	10am-4.30pm	Good availability	A30	£150	£135
Special Offer! Add £75 and get your own Balanced Body Pilates Arc to take away with you! Brand new before this course. Typical UK retail price £175								
Reformer 1: Beginners/Intermediate								
June 17th-18th; July 1st-2nd; July 15th-16th	£825	£725	6	10am-4.30pm daily	Good availability	A120	£945	£850
August 8th-13th (Tuesday-Sunday) SUMMER INTENSIVE	£825	£725	6	10am-4.30pm daily	4 spaces left	A120	£945	£850
September 16th-17th; September 30th-October 1st; October 14th-15th	£825	£725	6	10am-4.30pm daily	Good availability	A120	£945	£850
October 24th-29th (Tuesday-Sunday) INTENSIVE	£825	£725	6	10am-4.30pm daily	Good availability	A120	£945	£850
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)								
June 16th (Friday)	£30	£27	0.5	2pm-5pm	4 spaces left	A15	£35	£31.50
Reformer Supervised Self-Practice Sessions (must have attended Reformer 1 tuition modules)								
dates in planning	£10	£10					£10	£10
Reformer Review & Exam Prep Day (must have attended Reformer 1 tuition modules)								
May 21st (Sunday)			1	10am-3.30pm	Fully booked	A30		
new dates in planning								
Reformer exams? Contact Ella Porter for more info!								
Reformer Evolution (must be BCP Reformer-certified)								
July 9th (Sunday)	£150	£135	1	10am-4pm	Good availability	A30	£150	£135
Reformer 2: Advanced (must have Reformer certification)								
August 17th-20th (Thursday-Sunday) SUMMER INTENSIVE	£600	£540	4	10am-4.30pm daily	3 spaces left	A100	£650	£585
Reformer for Pre- & Postnatal Clients								
May 20th (Saturday)	£125	£112.50	1	10am-2pm	Good availability	A30	£125	£112.50
November 4th (Saturday)	£125	£112.50	1	10am-2pm	Good availability	A30	£125	£112.50
You must be Reformer-qualified to attend this course								
Reformer Bridging (for those with Reformer certification from another provider)								
August 24th & 25th (Thursday/Friday)	£400	£360	2	10am-4.30pm daily	4 spaces left	A100	£400	£360
Cadillac 1: Beginners (must have attended Reformer 1)								
July 22nd & 23rd (Saturday/Sunday)	£325	£275	2	10am-4.30pm daily	2 spaces left	A60	£350	£315
November 25th & 26th (Saturday/Sunday)	£325	£275	2	10am-4.30pm daily	Good availability	A60	£350	£315
Cadillac 2: Int/Advanced (must have attended Cadillac 1)								
June 24th & 25th (Saturday/Sunday)	£325	£275	2	10am-4.30pm daily	1 space left	A60	£350	£315
October 7th & 8th (Saturday/Sunday)	£325	£275	2	10am-4.30pm daily	2 spaces left	A60	£350	£315
Cadillac 3: Advanced (must have attended Cadillac 2)								
June 3rd (Saturday)	£180	£160	1	10am-4.30pm	3 spaces left	A30	£200	£180
Chair 1								
May 20th & 21st (Saturday/Sunday)	£325	£275	2	10am-4.30pm daily	1 space left	A60		
July 1st & 2nd (Saturday/Sunday)			2	10am-4.30pm daily	Fully booked	A60	£350	£315
October 21st & 22nd (Saturday/Sunday)	£325	£275	2	10am-4.30pm daily	Good availability	A60	£350	£315
Chair 2 (must have attended Chair 1)								
June 10th-11th (Saturday/Sunday)	£325	£275	2	10am-4.30pm daily	1 space left	A60		
November 18th-19th (Saturday/Sunday)	£325	£275	2	10am-4.30pm daily	Good availability	A60	£350	£315
Ladder Barrel								
June 17th (Saturday)			1	10am-4.30pm	Fully booked	A30		
December 3rd (Sunday)	£180	£160	1	10am-4.30pm	Good availability	A30	£200	£180
Comprehensive Studio Workshop (for those working to their Comprehensive Studio certification)								
June 22nd (Thursday)	£70	£60	0.5	1pm-4pm	Good availability	A15	£75	£67.50
Michael Fritzke & Ton Voogt Workshops								
June 8th (Thursday): The Reformer Onion	£120	£108	0.5	10am-1pm	5 spaces left	A15		
June 8th (Thursday): Hip and Pelvis Health on the Chair	£120	£108	0.5	2pm-5pm	Good availability	A15		
June 10th (Saturday): Triadball - from Support to Challenge	£120	£108	0.5	10am-1pm	Good availability	A15		
June 10th (Saturday): Planks, Front Supports, and Push-ups	£120	£108	0.5	10am-1pm	Good availability	A15		
Special Offer! Book any two workshops for £225 (Academy £200). All four workshops for £425 (£380)								
Descriptions: https://www.bodycontrolpilates.com/about-us/face-to-face-workshops-2023/								