

FACE TO FACE COURSES: SCHEDULE & AVAILABILITY UPDATE TO SPRING 2024	Fees	Days	Times	Status
<i>availability correct as at 22/08/23</i>				
<i>Weekends unless stated. Venue is the Body Control Pilates Centre London unless stated.</i>				
Spine Corrector & Pilates Arc				
November 11th	£200	1	10am-4.30pm	6 spaces left
Reformer 1: Beginners/Intermediate				
September 16th-17th; September 30th-October 1st; October 14th-15th		6	10am-4.30pm daily	Fully Booked!
October 24th-29th (Tuesday-Sunday) AUTUMN INTENSIVE	£1,150	6	10am-4.30pm daily	2 spaces left
January 13th-14th; January 27th-28th; February 10th-11th 2024	£1,150	6	10am-4.30pm daily	New date!
March 19th-24th 2024 (Tuesday-Sunday) SPRING INTENSIVE	£1,150	6	10am-4.30pm daily	New date!
April 20th-21st; May 11th-12th; May 18th-19th 2024 (consecutive weekends in May)	£1,150	6	10am-4.30pm daily	New date!
Reformer 2: Advanced (must have Reformer certification)				
November 11th-12th & December 9th-10th (Note: four week gap)	£780	4	10am-4.30pm daily	New date!
March 12th-15th 2024 (Tuesday to Friday) SPRING INTENSIVE	£780	4	10am-4.30pm daily	New date!
Reformer for Pre- & Postnatal Clients				
December 2nd	£150	1	10am-2pm	4 spaces left
You must be Reformer-qualified and Pregnancy-qualified to attend this course				
Reformer Bridging (for those with Reformer certification from another provider)				
August 24th & 25th (Thursday/Friday)	£400	2	10am-4.30pm daily	2 spaces left
February 24th & 25th 2024	£400	2	10am-4.30pm daily	New date!
Cadillac 1: Beginners (must have attended Reformer 1)				
November 25th & 26th		2	10am-4.30pm daily	Fully Booked!
February 3rd & 4th 2024	£425	2	10am-4.30pm daily	New date!
Cadillac 2: Int/Advanced (must have attended Cadillac 1)				
October 7th & 8th		2	10am-4.30pm daily	Fully Booked!
January 13th & 14th 2024 GLASGOW SPECIAL	£450	2	10am-4.30pm daily	4 spaces left
February 17th & 18th 2024	£425	2	10am-4.30pm daily	New date!
Cadillac 3: Advanced (must have attended Cadillac 2)				
November 11th 2023	£250	1	10am-4.30pm	3 spaces left
April 20th 2024	£250	1	10am-4.30pm	New date!
Chair 1				
October 21st & 22nd		2	10am-4.30pm daily	Fully Booked!
November 4th & 5th GLASGOW SPECIAL	£450	2	10am-4.30pm daily	2 spaces left
March 9th & 10th 2024	£425	2	10am-4.30pm daily	New date!
Chair 2 (must have attended Chair 1)				
November 18th-19th	£425	2	10am-4.30pm daily	3 spaces left
February 24th & 25th 2024 GLASGOW SPECIAL	£450	2	10am-4.30pm daily	4 spaces left
April 13th & 14th 2024	£425	2	10am-4.30pm daily	New date!
Ladder Barrel				
December 3rd	£250	1	10am-4.30pm	1 space left
March 23rd 2024	£250	1	10am-4.30pm	New date!