

Super Saturday on 27th April 2024!

For the first time we're holding a full day of Pilates classes and sessions taught by our tutors and senior teachers at The Body Control Pilates Centre in London.

We've just added some new classes and it's going to be a fun-packed but challenging and educational day, so we hope you can make it!

You can book as many classes/sessions as you like, so just pop in or stay for the day!

To book you can either give the studio a call on **0207 636 8900** (9.30am – 4.30pm) or make an online payment with the class code.

Saturday 27th April 2024 9am – 5pm: Over 20 sessions to choose from.....

With Charlie Savage, Danai Pappa, Hernan Castro-Vidal, Jacquie Biggs, Jo Hatherley, Kate Hodder, Lottie Murphy, Paul Howse, Melanie Christou, Sarah-Louise Warden, Sam Armstrong, Valentina Fruzzetti!

Super Saturday!

A full day of Body Control Pilates Reformer and Matwork Teacher Classes all taught by our senior tutors and studio team.

Studio Sessions will also be running in Studio 1 for the day.

Held at The Body Control Pilates Centre in Bloomsbury, London.

Prices per class are;

Reformer Classes	£25 each
Matwork classes	£20 each
Studio Sessions	£25 per hour

Education Season Ticket Credit can be used and Academy Members gain a 10-15% discount on these prices.

All classes/sessions carry 5 List A CPD Points each.

Here's the timetable for the day:

Reformer Classes

8 max £25 per class

R1 9am - 10am Jumping Jacs! with Jacquie Biggs

A jump-board class to wake up and warm up the whole body.

R2 10.30am - 11.30am Intro to the Reformer with Paul Howse

For those of you who are new to The Reformer or would love a refresher!

R3 11.45am - 12.45pm Reformer Transition with Sarah-Louise Warden

This intermediate class will focus on the transitions between each exercise allowing you to move seamlessly from one exercise to the next!

R4 1pm - 2pm Reformer with a twist with Jacquie Biggs

A flowing intermediate Reformer class, focusing on twists, spirals and rotations.

R5 2.15pm - 3.15pm Reformer Master Class with Charlie Savage

Adapting & reinventing the Reformer exercises for an inspiring & challenging Intermediate workout.

R6 3.30pm - 4.30pm Reformer Challenge with Sarah-Louise Warden

Dynamic Reformer class that will be fast paced with different spring tensions and movement speeds.

Matwork Classes

10-12 max £20 per class

M1 9am - 10am Small Props class with Valentina Fruzzetti

Prepare your body for the day! Using small equipment to explore how your body reacts to different input and feedback

M2 9.15am - 10.15am Wake Up with Paul Howse

A morning Pilates class to help get you moving for the day! Suitable for all levels.

M3 10.30am - 11.30am Dynamic Pilates with Lottie Murphy

A strong dynamic class. Think plank variations, lunges, and classical exercises all to work on building strength whilst maintaining ease in the body.

M4 10.30am - 11.30am Transitions and flow with Melanie Christou

Join this class to enjoy continuous, controlled movement and a more choreographical approach to lesson planning.

M5 12pm - 1pm Connections Class with Sam Armstrong

Working with a deeper connection and making the work your own. For all levels.

M6 12pm - 1pm Stretch Pilates with Danai Pappa (Just added!)

This class is focusing on improving your flexibility and range of movement. Working on areas we either overuse or neglect, we will go through a mix of exercises aiming to release stress in our muscles, finding expansion in the body while connecting to our centre and feeling more mobility.

M7 1.15pm - 2.15pm Slow and Steady with Lottie Murphy

A creative class using the small ball, encouraging mobility and challenging stability! You will end the class with some calming simple visualisation.

M8 1.15pm - 2.15pm Flowing Mat Class with Kate Hodder

A challenging class, great for upper body strength and flow. Intermediate/advanced level.

M9 2.30pm - 3.30pm Connections class with Sam Armstrong

Working with a deeper connection and making the work your own. For all levels.

M10 2.30pm - 3.30pm Creating Space to Breathe with Jo Hatherley (Just added!)

Postural issues, stress, short term illness, chronic conditions and even our clothing can create restrictions in the body which may lead to less than ideal breath patterns and potentially lead to dysfunction breathing. In this mat class we will explore movement strategies and other techniques to reduce these restrictions and create space to breathe! (Please wear comfortable clothing)

M11 3.45pm - 4.45pm Ball class with Kate Hodder

Fun, bouncy and challenging stability. Intermediate level on the big Pilates ball.

M12 3.45pm- 4.45pm Master Mat Class with Charlie Savage

Dynamic Flowing Intermediate/Advanced mat class. Move, twist, unravel while exploring new ideas.

Studio Sessions

Enjoy an hour's circuit on the full range of equipment including Cadillac, Reformer, Chair and Ladder Barrel under the supervision of two Comprehensive or Master Studio teachers.

See timetable below for who will be supervising each session.

You can be of any level to join the Studio Sessions - Any teachers new to the equipment are invited to join in too! 6 max per hour.

- S1 9.15am - 10.15am with Sarah-Louise Warden and Melanie Christou**
- S2 10.30am - 11.30am with Sarah-Louise Warden and Jacquie Biggs**
- S3 11.45am - 12.45pm with Jacquie Biggs and Charlie Savage**
- S4 2.15pm - 3.15pm with Sarah-Louise Warden and Hernan Castro-Vidal**
- S5 3.30pm - 4.30pm with Sam Armstrong and Hernan Castro-Vidal FULLY BOOKED!**

Cancellation policy: cancel by Friday 19th April to receive a credit refund back.

See Teacher Profiles at <https://www.bodycontrolpilates.com/our-london-studio/teacher-profiles/>

See more about Lottie Murphy at <https://www.lottiemurphy.com/about>

Online Booking Options

We currently have space in all classes but if any of your choices are full, we'll get in touch with other options or credit you. **Please give class code as reference.**

Please make payment by our usual methods as detailed in our emails: bank transfer, Paypal, Transferwise. Please call our team on 020 7636 8900 to use credit or pay by card.

We hope you can join us for our first Super Saturday of Pilates!

Best wishes,

The Body Control Pilates Team