

ONLINE COURSES & WORKSHOPS FOR BCPA MEMBERS		Time (UK)	Total Hours	Planned Tutor	Fees £	Fees £	CPD Points	
as at 31/10/24				(Tutors may change)		(Academy)		
2nd November	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	5 hrs	Louise Tallis		Fully booked	
2nd November	Saturday	Pilates and Hypertension: Foundation Day (Day 2 Programmes on August 3rd)	10am-12.30pm & 2pm-4.30pm	5 hrs	Jane Simmonds & Mark Parfitt	£145 £130.50	4 spaces left	
							See Special!!	
6th November	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	5 spaces left
9th November	Saturday	Pilates for Swimmers WORKSHOP	10am-1pm	3hrs	Jenny Tyler			Fully booked
14th November	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)			Fully booked
15th November	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	5.5 hrs	Lynne Robinson	£140	£126	1 space left
							See Special!!	
16th November	Saturday	Adaptations: Day 1 (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	4 hrs	Nathan Gardner	£215	£193.50	3 spaces left
17th November	Sunday	Adaptations: Day 2 (inc Workbooks Review)	10am-12pm & 1.30pm-3.30pm	4 hrs	Julia Crossman			AG0 (Days 1&2)
20th November	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	4 spaces left
22nd November	Friday	Cardiovascular Disease - how Pilates can help WORKSHOP with recording!	1pm-4pm	3 hrs	Shan Alphin	£110	£99	4 spaces left
23rd November	Saturday	Small Ball & Toning Circle	10am-12pm & 1pm-3pm	4 hrs	Sarah Warden	£125	£112.50	2 spaces left
23rd November	Saturday	Pilates for the Older Person: Day 1	10am-1pm & 2pm-4pm	5.5 hrs	Lorna Nicholson			Fully booked
24th November	Sunday	Pilates for the Older Person: Day 2	10am-1pm & 2pm-4pm	5 hrs	Lorna Nicholson			AG0 (Days 1&2)
26th November	Tuesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	6 spaces left
29th November	Friday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	5 hrs	Sarah Warden			Fully booked
30th November	Saturday	Ball (Gym Ball)	10am-12pm & 1pm-3pm	4 hrs	Jacque Biggs	£125	£112.50	4 spaces left
30th November	Saturday	Pilates and Hypertension: Programmes Day (must have done Foundation)	10am-12.30pm & 2pm-4.30pm	5 hrs	Jane Simmonds & Mark Parfitt	£145	£130.50	6 spaces left
30th November	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	5 hrs	Louise Tallis			Fully booked
4th December	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	New date!
7th December	Saturday	A Practical Introduction to Endorulates MASTERCLASS - with recording!	10am-12pm	2 hrs	Nathan Gardner	£40	£36	Good availability
10th December	Tuesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	New date!
13th December	Friday	Age Well - Functional Mat MASTERCLASS - with recording!	4pm-5.30pm	1.5 hrs	Tom McCook	£40	£36	7 spaces left
10th January	Friday	Shoulder Pathology & how Pilates can help WORKSHOP	10am-1pm	3hrs	Kyle Blackburn	£100	£90	1 space left
11th January	Saturday	Understanding Neurological Disorders and how Pilates can help	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Louise Tallis	£140	£126	6 spaces left
11th January	Saturday	Foam Roller	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	£125	£112.50	4 spaces left
12th January	Sunday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	5 hrs	Louise Tallis	£150	£135	4 spaces left
18th January	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	4.5 hrs	Nathan Gardner	£140	£126	Good availability
							See Special!!	
18th January	Saturday	Pilates Considerations for Pre- & Post-Op Hip WORKSHOP	10am-1pm	3hrs	Kyle Blackburn			Fully booked
18th January	Saturday	Hypopressives for Pilates Teachers: Foundation Day	10am-12.30pm & 1.30-4pm	5 hrs	Abby Lord	£160	£144	6 spaces left
							See Special!!	
24th January	Friday	Matwork Certification Update Day	10am-12pm & 1.30pm-3pm	3.5hrs	Sarah Marks	£110	£99	Good availability
25th January	Saturday	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia	10am-12.30pm & 1.30-4pm	5 hrs	Abby Lord	£160	£144	4 spaces left
25th January	Saturday	Pilates for Runners (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	4.5 hrs	Nathan Gardner	£140	£126	Good availability
25th January	Saturday	Spine Corrector & Pilates Arc	10am-12.30pm & 1.30pm-4pm	5 hrs	Jacque Biggs	£140	£126	Good availability
							Buy a Pilates Arc for just £80 when attending this course - saving 50%!	
31st January	Friday	Back4Good Low Back Pain: Day 1 (Days 2 & 3 on February 8th & 9th)	10am-1pm & 2pm-4pm	5 hrs	Kyle Blackburn (Leigh until 10.30am)	£375	£337.50	1 space left
1st February	Saturday	Pilates for Golfers	10am-12.30pm & 1.30pm-3.30pm	4.5 hrs	Jenny Tyler	£125	£112.50	Good availability
7th February	Friday	Pilates for the Menopause: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Anna Ancombe	£225	£202.50	New date!
8th February	Saturday	Pilates for the Menopause: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden			AG0 (Days 1&2)
8th February	Saturday	Pilates for Dancers (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	4.5 hrs	Linda Gardner	£140	£126	Good availability
8th February	Saturday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	5.5 hrs	Lynne Robinson	£140	£126	Good availability
							See Special!!	
8th February	Saturday	Back4Good Low Back Pain: Day 2	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis			
9th February	Sunday	Back4Good Low Back Pain: Day 3	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis			
15th February	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	5 hrs	Sarah Warden	£140	£126	New date!
22nd February	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	10am-12pm & 1pm-3pm	4 hrs	Karen Robb	£140	£126	New date!
							See Special!!	
22nd February	Saturday	Movement: Day 1	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner	£215	£193.50	New date!
							See Special!!	
23rd February	Sunday	Movement: Day 2	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner			
23rd February	Sunday	Pilates and Breast Cancer Rehab: Programmes Day (must have done Foundation)	10am-12pm & 1pm-3pm	4 hrs	Karen Robb	£140	£126	New date!
1st March	Saturday	Pilates for Swimmers WORKSHOP	10am-1pm	3hrs	Jenny Tyler	£100	£90	6 spaces left
1st March	Saturday	Pilates for Children & Adolescents: Programmes Day 1 (incl. Foundation notes)	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden	£225	£202.50	New date!
2nd March	Sunday	Pilates for Children & Adolescents: Programmes Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden			AG0 (Days 1&2)
7th March	Friday	Hypopressives for Pilates Teachers: Foundation Day	10am-12.30pm & 1.30-4pm	5 hrs	Abby Lord	£160	£144	New date!
							See Special!!	
8th March	Saturday	Adaptations: Day 1 (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	4 hrs	Nathan Gardner	£215	£193.50	New date!
9th March	Sunday	Adaptations: Day 2 (inc Workbooks Review)	10am-12pm & 1.30pm-3.30pm	4 hrs				AG0 (Days 1&2)
9th March	Saturday	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia	10am-12.30pm & 1.30-4pm	5 hrs	Abby Lord	£160	£144	New date!
5th April	Saturday	Pilates and Scoliosis: Day 1	10am-12.30pm & 2pm-4pm	4.5 hrs	Louise Tallis	£225	£202.50	New date!
6th April	Sunday	Pilates and Scoliosis: Day 2	10am-12.30pm & 1.30-4pm	5 hrs	Louise Tallis			AG0 (Days 1&2)