

FACE TO FACE COURSES: SCHEDULE & AVAILABILITY UPDATE	Fees	Times	Status
<i>availability correct as at 22/10/24</i>			
<i>Weekend unless stated. Venue is the Body Control Pilates Centre London unless stated.</i>			
Standing Pilates - face to face for the first time since lockdown!			
November 23rd	£175	10am-4.30pm	6 spaces left
Reformer 1: Beginners/Intermediate			
October 29th-November 3rd (Tuesday-Sunday) AUTUMN INTENSIVE		10am-4.30pm daily	Fully booked
January 18th-19th; February 1st-2nd; February 15th-16th 2025	£1,150	10am-4.30pm daily	3 spaces left
February 18th-23rd 2025 (Tuesday-Sunday) SPRING INTENSIVE	£1,150	10am-4.30pm daily	3 spaces left
April 5th-6th; April 26th-27th; May 10th-11th 2025	£1,150	10am-4.30pm daily	New date!
Reformer Review & Exam Prep Day (must have attended Reformer 1 tuition modules)			
November 10th		10am-3.30pm	Fully booked
November 29th	£100	10am-3.30pm	3 spaces left
Reformer 2: Advanced (must have Reformer 1 certification)			
November 23rd-24th & December 7th-8th	£780	10am-4.30pm daily	4 spaces left
May 17th-18th & June 7th-8th	£780	10am-4.30pm daily	New date!
Reformer Bridging (for those with Reformer certification from another provider)			
November 30th & December 1st	£400	10am-4.30pm daily	1 space left
March 8th & 9th 2025	£400	10am-4.30pm daily	2 spaces left
Cadillac 1: Beginners (must have attended Reformer 1)			
October 26th & 27th		10am-4.30pm daily	Fully booked
March 1st & 2nd 2025	£425	10am-4.30pm daily	3 spaces left
Cadillac 2: Int/Advanced (must have attended Cadillac 1)			
April 12th & 13th 2025	£425	10am-4.30pm daily	3 spaces left
Cadillac 3: Advanced (must have attended Cadillac 2)			
April 11th 2025 (Friday)	£250	10am-4.30pm	New date!
Chair 1			
November 30th & December 1st	£425	10am-4.30pm daily	3 spaces left
March 29th & 30th	£425	10am-4.30pm daily	New date!
Chair 2 (must have attended Chair 1)			
March 15th & 16th 2025	£425	10am-4.30pm daily	Good availability
Ladder Barrel			
February 8th 2025	£250	9.30am-4.30pm	New date!
Teaching Skills Studio Workshop (for those working to their Comprehensive or Master Studio certn)	NEW!		
November 1st	£65	1.30pm-4pm	3 spaces left