

| ONLINE COURSES & WORKSHOPS FOR BCPA MEMBERS | | Time (UK) | Total Hours | Planned Tutor | Fees £ | Fees £ | CPD Points | |
|---|-----------|---|------------------------------|---------------------|--------------------------------------|---------------|------------|-------------------|
| as at 25/11/24 | | | | (tutors may change) | | (Academy) | | |
| 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 | 2 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 Hypermobility: Programmes Day (must have done Foundation) | 10am-12.30pm & 2pm-4.30pm | 5 hrs | Jane Simmonds & Mark Parfitt | £145 | £130.50 | 5 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 | 5 spaces left |
| 7th December | Saturday | A Practical Introduction to Endorlates MASTERCLASS - with recording! | 10am-12pm | 2 hrs | Nathan Gardner | £40 | £36 | 6 spaces left |
| 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 | Good availability |
| 13th December | Friday | Age Well - Functional Mat MASTERCLASS - with recording! | 4pm-5.30pm | 1.5 hrs | Tom McCook | £40 | £36 | 3 spaces left |
| 10th January | Friday | Shoulder Pathology & how Pilates can help WORKSHOP | 10am-1pm | 3hrs | Kyle Blackburn | | | Fully booked |
| 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 | 2 spaces left |
| 11th January | Saturday | Foam Roller | 10am-12pm & 1pm-3pm | 4 hrs | Kate Hodder | £125 | £112.50 | 1 space left |
| 12th January | Sunday | Pilates for Bone Health | 10am-12.30pm & 1.30pm-4pm | 5 hrs | Louise Tallis | | | Fully booked |
| 14th January | Tuesday | CPR Basic Life Support - 18 months certification | 9.30am-12.45pm | 3 1/4 hrs | Rob Fisher (Prime First Aid) | £40 | £40 | Good availability |
| 16th January | Thursday | CPR Basic Life Support - 18 months certification | 12pm-3.15pm | 3 1/4 hrs | Rob Fisher (Prime First Aid) | £40 | £40 | Good availability |
| 17th January | Friday | Pilates with the Band (three Size2 2.5m bands (light, medium, strong) inc. (UK only!)) | 11am-1pm & 2pm-4pm | 4 hrs | Paul Howse | £125 | £112.50 | New date! |
| 18th January | Saturday | Pilates for Performance | 10am-12.30pm & 2pm-4pm | 4.5 hrs | Nathan Gardner | £140 | £126 | Good availability |
| | | Performance Special! Book Performance on 18/1 and Runners on 25/1 or Dancers on 8/2 for just £330 (Academy members £200)!! | | | | 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 | | | Fully booked |
| | | Hypopressives Special! Book Foundation on 18/1 and Day 2 'Mobilise your Fascia' on any later date for just £295 (Academy members £265)!! | | | | See Special!! | | |
| 22nd January | 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! |
| 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 | | | Fully booked |
| 25th January | Saturday | Reformer for Pre- & Postnatal Clients (must be Reformer, Pregnancy qualified) | 10am-1pm | 3 hrs | Sarah Warden | £115 | £103.50 | New date! |
| 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 | 4 spaces left |
| | | Buy a Pilates Arc for just £80 when attending this course - saving 50%! | | | | | | |
| 28th January | 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! |
| 29th January | 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! |
| 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) | | | Fully booked |
| 1st February | Saturday | Pilates for Golfers | 10am-12.30pm & 1.30pm-3.30pm | 4.5 hrs | Jenny Tyler | £125 | £112.50 | Good availability |
| 1st February | Saturday | Pilates for the Older Person: Day 1 | 10am-1pm & 2pm-4.30pm | 5.5 hrs | Lorna Nicholson | £225 | £202.50 | New date! |
| 2nd February | Sunday | Pilates for the Older Person: Day 2 | 10am-1pm & 2pm-4pm | 5 hrs | Lorna Nicholson | | | New date! |
| 4th February | 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! |
| 7th February | Friday | Pilates Approach to Mechanical Knee Pain WORKSHOP | 10am-1pm | 3 hrs | Kyle Blackburn | £110 | £99 | New date! |
| 7th February | Friday | Pilates for the Menopause: Day 1 | 10am-12.30pm & 1.30-3.30pm | 4.5 hrs | Anna Ancombe | £225 | £202.50 | 6 spaces left |
| 8th February | Saturday | Pilates for the Menopause: Day 2 | 10am-12.30pm & 1.30-3.30pm | 4.5 hrs | Sarah Warden | | | New date! |
| 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 |
| | | Pregnancy Special! Book Preg 1 on 08/02 and Pregnancy 2 on 15/02 or a later date for just £230 (Academy members £200)!! | | | | See Special!! | | |
| 8th February | Saturday | Back4Good Low Back Pain: Day 2 | 10am-1pm & 2pm-4pm | 5 hrs | Louise Tallis | | | New date! |
| 9th February | Sunday | Back4Good Low Back Pain: Day 3 | 10am-1pm & 2pm-4pm | 5 hrs | Louise Tallis | | | New date! |
| 13th February | Thursday | CPR Basic Life Support - 18 months certification | 12pm-3.15pm | 3 1/4 hrs | Rob Fisher (Prime First Aid) | £40 | £40 | New date! |
| 15th February | Saturday | Small Ball & Toning Circle | 10am-12pm & 1pm-3pm | 4 hrs | Paul Howse | £125 | £112.50 | New date! |
| 15th February | Saturday | Pregnancy 2 (must have done Pregnancy 1) | 10am-12.30pm & 1.30pm-4pm | 5 hrs | Sarah Warden | £140 | £126 | New date! |
| 15th February | Saturday | Musculoskeletal Problems and how Pilates can help | 10am-12.30pm & 1.30-3.30pm | 4.5 hrs | Kyle Blackburn | £140 | £126 | New date! |
| 22nd February | Saturday | Pilates and Breast Cancer Rehab: Foundation Day | 10am-12pm & 1pm-3pm | 4 hrs | Karen Robb | £140 | £126 | 5 spaces left |
| | | Breast Cancer Rehab Special! Book Foundation on 22/02 and Programmes on 23/02 or later for just £240 (Academy members £215)!! | | | | See Special!! | | |
| 22nd February | Saturday | Movement: Day 1 | 10am-12pm & 1.30pm-4pm | 4.5 hrs | Nathan Gardner | £215 | £193.50 | New date! |
| | | SPECIAL! Book Movement starting 22/2 and Adaptations on 8/3 or a later date for just £375 (Academy members £337.50)!! | | | | See Special!! | | |
| 23rd February | Sunday | Movement: Day 2 | 10am-12pm & 1.30pm-4pm | 4.5 hrs | Nathan Gardner | | | New date! |
| 23rd February | Sunday | Pilates and Breast Cancer Rehab: Programmes Day (must have done Foundation) | 10am-12pm & 1pm-3pm | 4 hrs | Karen Robb | £140 | £126 | 5 spaces left |
| 26th February | 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! |
| 27th February | Thursday | CPR Basic Life Support - 18 months certification | 12pm-3.15pm | 3 1/4 hrs | Rob Fisher (Prime First Aid) | £40 | £40 | New date! |
| 28th February | Friday | Shoulder Pathology & how Pilates can help WORKSHOP | 10am-1pm | 3hrs | Kyle Blackburn | £110 | £99 | New date! |
| 1st March | Saturday | Pilates and Hypermobility: Foundation Day (Day 2 Programmes on August 3rd) | 10am-12.30pm & 2pm-4.30pm | 5 hrs | Jane Simmonds & Mark Parfitt | £145 | £130.50 | New date! |
| | | Hypermobility SPECIAL! Book Foundation on 01/03 and Programmes on 17/05 or a future date for £750 (Academy members £225)!! | | | | See Special!! | | |
| 1st March | Saturday | Exercise Strategies for Diastasis Recti with recording! | 10am-1pm | 3 hrs | Sarah Warden | £115 | £103.50 | New date! |
| 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 | | | New date! |
| 7th March | Friday | Hypopressives for Pilates Teachers: Foundation Day | 10am-12.30pm & 1.30-4pm | 5 hrs | Abby Lord | £160 | £144 | New date! |
| | | Hypopressives Special! Book Foundation on 7/3 and Day 2 'Mobilise your Fascia' on any later date for just £295 (Academy members £265)!! | | | | 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 | | | | New date! |
| 29th March | Saturday | Pilates Considerations for Pre- & Post-Op Hip WORKSHOP | 10am-1pm | 3hrs | Kyle Blackburn | £110 | £99 | New date! |
| 5th April | 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 | | | New date! |
| 26th April | Saturday | Understanding Medical Conditions | 10am-12.30pm & 1.30-3.30pm | 4.5hrs | Kyle Blackburn | £125 | £112.50 | New date! |
| 9th May | Friday | Back4Good Low Back Pain: Day 1 (Days 2 & 3 on February 8th & 9th) | 10am-1pm & 2pm-4pm | 5 hrs | Kyle Blackburn | £375 | £337.50 | New date! |
| 10th May | Saturday | Back4Good Low Back Pain: Day 2 | 10am-1pm & 2pm-4pm | 5 hrs | Louise Tallis | | | New date! |
| 11th May | Sunday | Back4Good Low Back Pain: Day 3 | 10am-1pm & 2pm-4pm | 5 hrs | Louise Tallis | | | New date! |
| 17th May | Saturday | Pilates and Hypermobility: Programmes Day (must have done Foundation) | 10am-12.30pm & 2pm-4.30pm | 5 hrs | Jane Simmonds & Mark Parfitt | £145 | £130.50 | New date! |