

<b>FACE TO FACE COURSES: SCHEDULE &amp; AVAILABILITY UPDATE</b>	<b>Fees</b>	<b>Times</b>	<b>Status</b>
<i>availability correct as at 13/11/24</i>			
<i>Weekend unless stated. Venue is the Body Control Pilates Centre London unless stated.</i>			
<b>Standing Pilates - face to face for the first time since lockdown!</b>			
November 23rd	£175	10am-4.30pm	5 spaces left
<b>Reformer 1: Beginners/Intermediate</b>			
January 18th-19th; February 1st-2nd; February 15th-16th 2025		10am-4.30pm daily	Fully booked
February 18th-23rd 2025 (Tuesday-Sunday) <b>SPRING INTENSIVE</b>	£1,150	10am-4.30pm daily	1 space left
April 4th-6th; April 25th-27th (both Friday to Sunday) <b>TWO BLOCKS</b>	£1,150	10am-4.30pm daily	New date!
May 27th-June 1st 2025 (Tuesday-Sunday) <b>INTENSIVE</b>	£1,150	10am-4.30pm daily	New date!
<b>Reformer Review &amp; Exam Prep Day (must have attended Reformer 1 tuition modules)</b>			
November 29th	£100	10am-3.30pm	Fully booked
<b>Reformer exams? Contact Ella.Porter@bodycontrolpilates.com</b>			
<b>Reformer Update Day (for Reformer students. Must have attended Reformer 1 tuition modules)</b>			
January 25th 2025	£160	10am-4pm	New date!
<b>Reformer 2: Advanced (must have Reformer certification)</b>			
November 23rd-24th & December 7th-8th	£780	10am-4.30pm daily	1 space left
June 14th-15th & 28th-29th 2025	£780	10am-4.30pm daily	New date!
<b>Reformer Bridging (for those with Reformer certification from another provider)</b>			
November 30th & December 1st	£400	10am-4.30pm daily	1 space left
March 8th & 9th 2025	£400	10am-4.30pm daily	2 spaces left
<b>Cadillac 1: Beginners (must have attended Reformer 1)</b>			
March 1st & 2nd 2025		10am-4.30pm daily	Fully booked
May 17th & 18th 2025	£425	10am-4.30pm daily	New date!
<b>Cadillac 2: Int/Advanced (must have attended Cadillac 1)</b>			
April 12th & 13th 2025	£425	10am-4.30pm daily	3 spaces left
<b>Cadillac 3: Advanced (must have attended Cadillac 2)</b>			
April 11th 2025 (Friday)	£200	10am-4.30pm	New date!
<b>Chair 1</b>			
November 30th & December 1st	£425	10am-4.30pm daily	1 space left
March 29th & 30th 2025	£425	10am-4.30pm daily	New date!
<b>Chair 2 (must have attended Chair 1)</b>			
March 15th & 16th 2025	£425	10am-4.30pm daily	New date!
<b>Ladder Barrel</b>			
February 8th 2025	£250	9.30am-4.30pm	New date!