

BODY CONTROL PILATES: ONLINE COURSES FOR PILATES TEACHERS			Time (UK)	Fees £	Availability
as at 20/02/25					
22nd February	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	10am-12.30pm & 1pm-3.30pm		FULLY BOOKED
22nd & 23rd February	Sat & Sun	Movement	10am-12pm & 1.30pm-4pm	£275	Availability
23rd February	Sunday	Pilates and Breast Cancer Rehab: Programmes Day (must have done Foundation)	10am-12.30pm & 1pm-3.30pm	£175	Availability
26th February	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	FULLY BOOKED
27th February	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	£45	FULLY BOOKED
1st March	Saturday	Pilates and Hypermobility: Foundation Day (Day 2 Programmes on August 3rd)	10am-12.30pm & 2pm-4.30pm	£175	Availability
1st March	Saturday	Pilates for Swimmers WORKSHOP with Jenny Tyler	10am-1pm	£150	Availability
1st March	Saturday	Exercise Strategies for Diastasis Recti with recording!	10am-1pm		FULLY BOOKED
1st March	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm		FULLY BOOKED
4th March	Tuesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	New Date!
6th March	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	£45	New Date!
7th March	Friday	Hypopressives for Pilates Teachers: Foundation Day	10am-12.30pm & 1.30-4pm	£195	Availability
7th & 8th March	Fri & Sat	Pilates for Children & Adolescents: Programmes (incl. Foundation notes)	10am-12.30pm & 1.30-3.30pm	£275	Availability
8th & 9th March	Sat & Sun	Adaptations: (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	£275	Availability
12th March	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	New Date!
15th March	Saturday	Pilates and Mental Wellbeing	10am-12.30pm & 1.30-3.30pm	£175	Availability
18th March	Tuesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	New Date!
27th March	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	£45	New Date!
29th March	Saturday	Pilates on the Foam Roller	10am-12pm & 1pm-3pm	£175	Availability
2nd April	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	New Date!
5th April	Saturday	Small Ball & Toning Circle	10am-12pm & 1pm-3pm	£175	Availability
5th April	Saturday	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia	10am-12.30pm & 1.30-4pm	£195	Availability
5th April	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	£175	Availability
5th & 6th April	Sat & Sun	Pilates and Scoliosis	10am-12.30pm & 2pm-4pm	£275	Availability
8th April	Tuesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	New Date!
10th April	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	£45	New Date!
12th April	Saturday	Pilates for Runners (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£175	Availability
12th April	Saturday	Pilates with the Band - three Sissel 2.5m bands (light, medium, strong) inc. (UK only)	10am-12pm & 1pm-3pm	£175	Availability
12th & 13th April	Sat & Sun	Pilates for the Older Person	10am-1pm & 2pm-4.30pm	£275	Availability
25th April	Friday	Matwork Bridging Course (5 days see below)	10am-12pm and 1.30pm-3.30pm	£1,275	Availability
26th April	Saturday	Understanding Medical Conditions	10am-12.30pm & 1.30-3.30pm	£175	New Date!
26th April	Saturday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	£175	New Date!
2nd May	Friday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	£175	New Date!
9th May	Friday	Exercise Strategies for Diastasis Recti with recording!	10am-1pm	£150	Availability
10th & 11th May	Sat & Sun	Movement	10am-12pm & 1.30pm-4pm	£275	New Date!
17th May	Saturday	Pilates and Hypermobility: Programmes Day (must have done Foundation)	10am-12.30pm & 2pm-4.30pm	£175	Availability
17th & 18th May	Sat & Sun	Adaptations (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	£275	New Date!
23rd May	Friday	Hypopressives for Pilates Teachers: Foundation Day	10am-12.30pm & 1.30-4pm	£195	New Date!
31st May	Saturday	Understanding Pain Syndromes and how Pilates can help	10am-12.30pm & 2pm-4pm	£175	New Date!
6th & 7th June	Fri & Sat	Pilates for the Menopause	10am-12.30pm & 1.30-3.30pm	£275	New Date!
7th June	Saturday	Spine Corrector & Pilates Arc	10am-12.30pm & 1.30pm-4pm	£175	New Date!
		Buy a Balanced Body Pilates Arc for just £85 (excluding p&p) when attending this course - saving approx 50%!			
20th June	Friday	Hypopressives for Pilates Teachers: Foundation Day	10am-12.30pm & 1.30-4pm	£195	New Date!
21st June	Saturday	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia	10am-12.30pm & 1.30-4pm	£195	New Date!
5th July	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	£175	New Date!
12th July	Saturday	Pilates for Runners (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£175	New Date!
19th July	Saturday	Pilates for Dancers (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£175	New Date!
9th August	Saturday	Matwork Bridging Course (5 days see below)	10am-12pm and 1.30pm-3.30pm	£1,275	New Date!