

<b>FACE TO FACE COURSES: LATEST 2025 SCHEDULE &amp; AVAILABILITY UPDATE</b>	<b>Fees</b>	<b>Days</b>	<b>Times Daily</b>	<b>Status</b>
<i>schedule and availability correct as at 25/02/25</i>				
<i>Weekend unless stated. Venue is the Body Control Pilates Centre London unless stated.</i>				
<b>Spine Corrector &amp; Pilates Arc - buy a Pilates Arc for just £80 when attending this course (p&amp;p extra if shipping)!</b>				
July 19th	£200	1	10am-4.30pm	<b>New date!</b>
<b>Reformer 1: Beginners/Intermediate</b>				
April 4th-6th; April 25th-27th (both Friday to Sunday) <b>TWO BLOCKS</b>		6	10am-4.30pm	<b>Fully booked</b>
May 27th-June 1st (Tuesday-Sunday) <b>INTENSIVE</b>	£1,150	6	10am-4.30pm	<b>2 spaces left</b>
June 21st-22nd; July 5th & 6th; July 19th-20th	£1,150	6	10am-4.30pm	<b>Good availability</b>
August 5th-10th (Tuesday-Sunday) <b>SUMMER INTENSIVE</b>	£1,150	6	10am-4.30pm	<b>6 spaces left</b>
September 13th-14th; Sept 27th-28th; October 11th-12th	£1,150	6	10am-4.30pm	<b>New date!</b>
October 28th-November 2nd (Tuesday-Sunday) <b>AUTUMN INTENSIVE</b>	£1,150	6	10am-4.30pm	<b>New date!</b>
<b>Reformer Supervised Teaching Workshop &amp; Self-Practice Session (must have attended Reformer 1)</b>				
March 28th (Friday)	£40	0.5	10am-2pm	<b>1 space left</b>
<b>New format! 3 hrs supervised teaching and 1 hr supervised self-practice</b>				
<b>Reformer Review &amp; Exam Prep Day (must have attended Reformer 1 tuition modules)</b>				
April 11th (Friday)	£100	1	10am-3.30pm	<b>3 spaces left</b>
May 11th	£100	1	10am-3.30pm	<b>3 spaces left</b>
August 20th (Wednesday)	£100	1	10am-3.30pm	<b>New date!</b>
<b>Reformer exams? Contact <a href="mailto:ella.porter@bodycontrolpilates.com">ella.porter@bodycontrolpilates.com</a> for more info!</b>				
<b>Reformer Evolution (must have Reformer 1 certification)</b>				
August 3rd <b>See 'Summer School' offer below</b>	£175	1	10am-4.30pm	<b>New date!</b>
<b>Reformer 2: Advanced (must have Reformer certification)</b>				
June 14th-15th & 28th-29th	£780	4	10am-4.30pm	<b>3 spaces left</b>
<b>Reformer Bridging (for those with Reformer certification from another provider)</b>				
March 8th & 9th		2	10am-4.30pm	<b>Fully booked</b>
June 7th & 8th	£400	2	10am-4.30pm	<b>New date!</b>
August 30th & 31st	£400	2	10am-4.30pm	<b>New date!</b>
<b>Cadillac 1: Beginners (must have attended Reformer 1)</b>				
March 1st & 2nd		2	10am-4.30pm	<b>Fully booked</b>
May 17th & 18th	£425	2	10am-4.30pm	<b>2 spaces left</b>
July 30th & 31st (Weds/Thurs) <b>see 'Summer School' offer below</b>	£425	2	10am-4.30pm	<b>1 space left</b>
<b>Cadillac 2: Int/Advanced (must have attended Cadillac 1)</b>				
April 12th & 13th		2	10am-4.30pm	<b>Fully booked</b>
August 1st & 2nd (Friday/Saturday) <b>see 'Summer School' offer below</b>		2	10am-4.30pm	<b>Fully booked</b>
<b>Cadillac 3: Advanced (must have attended Cadillac 2)</b>				
April 11th (Friday)	£250	1	10am-4.30pm	<b>Good availability</b>
September 20th	£250	1	10am-4.30pm	<b>New date!</b>
<b>Chair 1</b>				
March 29th & 30th	£425	2	10am-4.30pm	<b>2 spaces left</b>
July 12th & 13th	£425	2	10am-4.30pm	<b>New date!</b>
<b>Chair 2 (must have attended Chair 1)</b>				
March 15th & 16th	£425	2	10am-4.30pm	<b>1 space left</b>
July 26th & 27th	£425	2	10am-4.30pm	<b>New date!</b>
<b>Ladder Barrel</b>				
April 5th	£250	1	9.30am-4.30pm	<b>4 spaces left</b>
August 4th (Monday) <b>see 'Summer School' offer below</b>	£250	1	9.30am-4.30pm	<b>New date!</b>
<b>Studio Summer School 2025 - save up to 20%!</b>				
<b>Summer School Special! Book 2 courses and save 10% on what you would normally pay for each course; book 3 and save 15%; 'Go Large' and book all 4 and save 20% (subject to availability)</b>				
<b>Development Weekend at 11 Cavendish Square, London</b>				
March 23rd ( Sunday)	£350		9am - 4.30pm	