

FACE TO FACE COURSES: LATEST 2025 SCHEDULE & AVAILABILITY UPDATE	Fees	Academy Fees	Days	Times	Status	CPD
schedule and availability correct as at 20/03/25						
Weekend unless stated. Venue is the Body Control Pilates Centre London unless stated.						
<b>Matwork Evolution</b>						
May 9th (Friday)	£150	£135	1	10am-4pm	Good availability	A30
<b>Precision of Movement for Pilates Teachers</b>						
new date in planning	£150	£135	1	10am-4pm		A30
<b>Intermediate Matwork</b>						
May 17th & 18th			2	10am-4pm	Fully booked	A60
July 5th & 6th	£310	£279	2	10am-4pm	Good availability	A60
<b>Advanced Matwork</b> (must have attended Intermediate Mat)						
May 31st	£185	£166.50	1	9.30am-5pm	3 spaces left	A30
<b>Standing Pilates</b>						
new date in planning	£150	£135	1	10am-4.30pm		A30
<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	£150	£135	1	10am-4.30pm	Good availability	A30
<b>Reformer 1: Beginners/Intermediate</b>						
April 4th-6th; April 25th-27th (both Friday to Sunday)			6	10am-4.30pm daily	Fully booked	A120
May 27th-June 1st (Tuesday-Sunday)	£945	£850	6	10am-4.30pm daily	2 spaces left	A120
June 21st-22nd; July 5th & 6th; July 19th-20th	£945	£850	6	10am-4.30pm daily	Good availability	A120
August 5th-10th (Tuesday-Sunday)	£945	£850	6	10am-4.30pm daily	Good availability	A120
September 13th-14th; Sept 27th-28th; October 11th-12th	£945	£850	6	10am-4.30pm daily	New date!	A120
October 28th-November 2nd (Tuesday-Sunday)	£945	£850	6	10am-4.30pm daily	New date!	A120
Reformer exam costs £190 and is payable when you book it. Contact Ella Porter for more info.						
<b>Reformer Supervised Teaching Workshop &amp; Self-Practice Session</b> (must have attended Reformer 1 tuition)						
March 28th (Friday)	£40	£36	0.5	10am-2pm	1 space left	A15
New format! 3 hrs supervised teaching and 1 hr supervised self-practice						
<b>Reformer Review &amp; Exam Prep Day</b> (must have attended Reformer 1 tuition modules)						
April 11th (Friday)	£100	£90	1	10am-3.30pm	1 space left	A30
May 11th	£100	£90	1	10am-3.30pm	2 spaces left	A30
August 20th (Wednesday)	£100	£90	1	10am-3.30pm	New date!	A30
Reformer exams? Contact Ella Porter for more info!						
<b>Reformer Update Day</b> (for Reformer 1 students still to qualify and Reformer teachers)						
new date in planning	£160	£144	1	10am-4pm	3 spaces left	A30
<b>Reformer Evolution</b>						
August 3rd	£150	£135	1	10am-4.30pm	Good availability	A30
see 'Summer School' offer below						
<b>Reformer 2: Advanced</b> (must have Reformer certification)						
June 14th-15th & 28th-29th	£650	£585	4	10am-4.30pm daily	Good availability	A100
<b>Reformer Bridging</b> (for those with Reformer certification from another provider)						
June 7th & 8th	£400	£360	2	10am-4.30pm daily	Good availability	A60
August 30th & 31st	£400	£360	2	10am-4.30pm daily	Good availability	A60
<b>Cadillac 1: Beginners</b> (must have attended Reformer 1)						
May 17th & 18th			2	10am-4.30pm daily	Fully booked	A60
July 30th & 31st (Weds/Thurs)			2	10am-4.30pm daily	Fully booked	A60
October 4th & 5th	£350	£315	2	10am-4.30pm daily	New date!	A60
<b>Cadillac 2: Int/Advanced</b> (must have attended Cadillac 1)						
April 12th & 13th			2	10am-4.30pm daily	Fully booked	A60
August 1st & 2nd (Friday/Saturday)	£350	£315	2	10am-4.30pm daily	Fully booked	A60
August 16th & 17th	£350	£315	2	10am-4.30pm daily	New date!	A60
<b>Cadillac 3: Advanced</b> (must have attended Cadillac 2)						
September 20th	£200	£180	1	10am-4.30pm	New date!	A30
<b>Chair 1</b>						
March 29th & 30th	£350	£315	2	10am-4.30pm daily	1 space left	A60
July 12th & 13th			2	10am-4.30pm daily	Fully booked	A60
September 20th & 21st	£350	£315	2	10am-4.30pm daily	New date!	A60
<b>Chair 2</b> (must have attended Chair 1)						
July 26th & 27th	£350	£315	2	10am-4.30pm daily	3 spaces left	A60
<b>Ladder Barrel</b>						
April 5th			1	9.30am-4.30pm	Fully booked	A30
August 4th (Monday)	£200	£180	1	9.30am-4.30pm	Good availability	A30
<b>Studio Summer School 2025 - save up to 20%!</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>Cadillac 1: Beginners</b> (must have attended Reformer 1)						
July 30th & 31st (Weds/Thurs)	£350	£315	2	10am-4.30pm daily	Fully booked	A60
<b>Cadillac 2: Int/Advanced</b> (must have attended Cadillac 1)						
August 1st & 2nd (Friday/Saturday)	£350	£315	2	10am-4.30pm daily	Fully booked	A60
<b>Reformer Evolution</b>						
August 3rd	£150	£135	1	10am-4pm	Good availability	A30
<b>Ladder Barrel</b>						
August 4th (Monday)	£200	£180	1	9.30am-4.30pm	Good availability	A30
<b>Workshops</b>						
<b>Reformer Jumpboard Masterclass with Jacquie Biggs</b>						
June 6th (Friday)				1pm-3.30pm	Details coming!!	A30