

ONLINE COURSES & WORKSHOPS FOR BCPA MEMBERS		Time (UK)	Total Hours	Planned Tutor	Fees £	Fees £	CPD Points	
As at 17/03/25				(tutors may change)		[Academy]		
18th March	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
22nd March	Saturday	Development Weekend 32 - London						A30
23rd March	Sunday	Development Weekend 32 - London						A30
27th March	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	2 spaces left
29th March	Saturday	Foam Roller	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	£125	£112.50	1 space left
29th March	Saturday	Pilates Considerations for Pre- & Post-Op Hip WORKSHOP	10am-1pm	3hrs	Kyle Blackburn	£110	£99	5 spaces left
2nd April	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
5th April	Saturday	Small Ball & Toning Circle	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	£125	£112.50	3 spaces left
5th April	Saturday	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia	10am-12.30pm & 1.30-4pm	5 hrs	Abby Lord	£160	£144	Good availability
5th April	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	4.5 hrs	Nathan Gardner	£140	£126	New date!
		Performance Special! Book Performance on 5/4 and Runners on 12/4 or 12/7 or Dancers on 19/7 for just £230 (Academy members £200)!!				See Special!!		
5th April	Saturday	Pilates and Scoliosis: Day 1	10am-12.30pm & 2pm-4pm	4.5 hrs	Louise Tallis	£225	£202.50	4 spaces left
6th April	Sunday	Pilates and Scoliosis: Day 2	10am-12.30pm & 1.30-4pm	5 hrs	Louise Tallis			A60 (Days 1&2)
8th April	Tuesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	3 spaces left
10th April	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	5 spaces left
12th April	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
12th April	Saturday	Pilates with the Band (three Sissel 2.5m bands (light, medium, strong) inc. UK only!)	10am-12pm & 1pm-3pm	4 hrs	Sarah Warden	£125	£112.50	5 spaces left
12th April	Saturday	Pilates for the Older Person: Day 1	10am-1pm & 2pm-4.30pm	5.5 hrs	Lorna Nicholson	£225	£202.50	4 spaces left
13th April	Sunday	Pilates for the Older Person: Day 2	10am-1pm & 2pm-4pm	5 hrs	Lorna Nicholson			
25th April	Friday	Tom McCook MMA/TKJ CLASS	4pm-5.30pm	1.5 hrs	Tom McCook			Not open for booking
26th April	Saturday	Understanding Medical Conditions	10am-12.30pm & 1.30-3.30pm	4.5hrs	Kyle Blackburn	£125	£112.50	Good availability
26th April	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!!		
2nd May	Friday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	5 hrs	Sarah Warden	£140	£126	Good availability
2nd May	Friday	Matwork Certification Update Day	10am-12pm & 1.30pm-3pm	3.5hrs	Sarah Marks	£110	£99	New date!
9th May	Friday	Exercise Strategies for Diastasis Recti with recording!	10am-1pm	3 hrs	Sarah Warden	£115	£103.50	Good availability
9th May	Friday	Back4Good Low Back Pain: Day 1	10am-1pm & 2pm-4pm	5 hrs	Kyle Blackburn	£375	£337.50	3 spaces left
10th May	Saturday	Back4Good Low Back Pain: Day 2	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis			
10th May	Saturday	Pilates in Prostate Cancer - NEW COURSE!	10am-12.30pm & 1.30pm-4pm	5 hrs	Karen Robb & Mark McCaffrey			Fully booked
10th May	Saturday	Movement: Day 1	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner	£215	£193.50	New date!
		SPECIAL! Book Movement starting 10/5 and Adaptations on 17/5 or a later date for just £375 (Academy members £337.50)!!				See Special!!		
11th May	Sunday	Movement: Day 2	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner			
11th May	Sunday	Back4Good Low Back Pain: Day 3	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis			
17th May	Saturday	Adaptations: Day 1 (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	4 hrs	Nathan Gardner	£215	£193.50	New date!
18th May	Sunday	Adaptations: Day 2 (inc Workbooks Review)	10am-12pm & 1.30pm-3.30pm	4 hrs				A60 (Days 1&2)
23rd May	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 23/5 and Day 2 'Mobilise your Fascia' on 28/6 or any later date for just £295 (Academy members £265)!!				See Special!!		
31st May	Saturday	Understanding Pain Syndromes and how Pilates can help	10am-12.30pm & 2pm-4pm	4.5 hrs	Lorna Nicholson	£140	£126	New date!
1st June	Sunday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	5 hrs	Louise Tallis	£140	£126	4 spaces left
6th June	Friday	Pilates for the Menopause: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Anna Anscombe	£225	£202.50	6 spaces left
7th June	Saturday	Pilates for the Menopause: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden			
7th June	Saturday	Spine Corrector & Pilates Arc	10am-12.30pm & 1.30pm-4pm	5 hrs	Jacque Biggs	£140	£126	New date!
		Buy a Balanced Body Pilates Arc for just £85 (excluding p&p) when attending this course - saving approx 50%!						
14th June	Saturday	Pilates for ME/Chronic Fatigue, POTS, Associated Conditions WORKSHOP	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Lorna Nicholson	£125	£112.50	New date!
14th June	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	10am-12.30pm & 1pm-3.30pm	5 hrs	Karen Robb	£140	£126	New date!
		Breast Cancer Rehab Special! Book Foundation on 14/06 and Programmes on 15/06 or later for just £240 (Academy members £215)!!				See Special!!		
15th June	Saturday	Pilates and Breast Cancer Rehab: Programmes Day (must have done Foundation)	10am-12.30pm & 1pm-3.30pm	5 hrs	Karen Robb	£140	£126	New date!
21st June	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 June	Sunday	Small Ball & Toning Circle	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	£125	£112.50	New date!
28th June	Saturday	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia	10am-12.30pm & 1.30-4pm	5 hrs	Abby Lord	£160	£144	New date!
28th June	Saturday	Pilates and Mental Wellbeing	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Lorna Nicholson	£140	£126	New date!
5th July	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	Revised date!
5th July	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	4.5 hrs	Nathan Gardner	£140	£126	New date!
		Performance Special! Book Performance on 5/7 and Runners on 12/7 or Dancers on 19/7 or a later date for just £230 (Academy members £200)!!				See Special!!		
11th July	Friday	Sacroiliac Joint Dysfunction & how Pilates can help NEW WORKSHOP!	9.30am-12.30pm	3hrs	Kyle Blackburn	£110	£99	Not open for booking
		Special! Book both of Kyle's workshops on 11/7 for just £180 (Academy £162)						
11th July	Friday	Shoulder Pathology & how Pilates can help WORKSHOP	1.30pm-4.30pm	3hrs	Kyle Blackburn	£110	£99	New date!
12th July	Saturday	Foam Roller	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	£125	£112.50	New date!
12th July	Saturday	Pilates for Runners (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	4.5 hrs	Nathan Gardner	£140	£126	New date!
19th July	Saturday	Pilates for Dancers (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	4.5 hrs	Linda Gardner	£140	£126	New date!
19th July	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	5 hrs	Louise Tallis	£140	£126	New date!
9th August	Saturday	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 9/8 and Day 2 'Mobilise your Fascia' on 17/8 or any later date for just £295 (Academy members £265)!!				See Special!!		
17th August	Sunday	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia	10am-12.30pm & 1.30-4pm	5 hrs	Abby Lord	£160	£144	New date!
12th September	Friday	Back4Good Low Back Pain: Day 1 (Days 2 & 3 on 20/9 & 21/9)	10am-1pm & 2pm-4pm	5 hrs	Kyle Blackburn	£375	£337.50	New date!
20th September	Saturday	Back4Good Low Back Pain: Day 2	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis			
21st September	Sunday	Back4Good Low Back Pain: Day 3	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis			
11th October	Saturday	Understanding Neurological Disorders and how Pilates can help	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Louise Tallis	£140	£126	New date!
18th October	Saturday	Pilates and Hypermobility: Foundation Day	10am-12.30pm & 2pm-4.30pm	5 hrs	Jane Simmonds & Mark Parfitt	£145	£130.50	New date!
		Hypermobility SPECIAL! Book Foundation on 18/10 and Programmes on 19/10 or a future date for £250 (Academy members £225)!!				See Special!!		
19th October	Sunday	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!