

Online Courses & Workshops For BCPA MEMBERS			Time (UK)	Total Hours	Planned Tutor	Fees £	Fees £		CPD Points
As at 29/04/25					(tutors may change)		(Academy)		
29th April	Tuesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	4 spaces left	
2nd May	Friday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	5 hrs	Sarah Warden			Fully booked	A30
2nd May	Friday	Matwork Certification Update Day	10am-12pm & 1.30pm-3pm	3.5hrs	Sarah Marks	£110	£99	3 spaces left	
7th May	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	4 spaces left	
8th May	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	1 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	2 spaces left	
9th May	Friday	Exercise Strategies for Diastasis Recti with recording!	10am-1pm	3 hrs	Sarah Warden	£115	£103.50	Good availability	A15
9th May	Friday	Back4Good Low Back Pain: Day 1	10am-1pm & 2pm-4pm	5 hrs	Kyle Blackburn	£375	£337.50	1 space left	A90 (Days 1-3)
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! See July 26th for next date	10am-12.30pm & 1.30pm-4pm	5 hrs	Karen Robb & Mark McCaffrey	£215	£193.50	Fully booked	A30
10th May	Saturday	Movement: Day 1	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner			Good availability	A60 (Days 1&2)
SPECIAL! Book Movement starting 10/5 and Adaptations on 17/5 or a later date for just £375 (Academy members £337.50)!!						£215	£193.50	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				
16th May	Friday	Separate but Connected - Day 1 of 3 WORKSHOP with recording!	3pm-6pm	3hrs	Cara Reeser & Jeremy Laverdure	250 (EBird)	225 (EBird)	Limited availability	A60 (Days 1-3)
17th May	Saturday	Separate but Connected - Day 2 of 3 WORKSHOP with recording!	3pm-6pm	3hrs	Cara Reeser & Jeremy Laverdure				
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!	A60 (Days 1&2)
18th May	Sunday	Adaptations: Day 2 (inc Workbooks Review)	10am-12pm & 1.30pm-3.30pm	4 hrs					
18th May	Sunday	Separate but Connected - Day 3 of 3 WORKSHOP with recording!	3pm-6pm	3hrs	Cara Reeser & Jeremy Laverdure				
20th May	Tuesday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	Good availability	
21st May	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	Good availability	
23rd May	Friday	Hypopressives for Pilates Teachers: Foundation Day	10am-12.30pm & 1.30-4pm	5 hrs	Abby Lord	£160	£144	Good availability	A30
Hypopressives Special! Book Foundation on 23/5 or 31/5 or any later date for just £295 (Academy members £265)!!						£215	£193.50	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	5 spaces left	A30
1st June	Sunday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	5 hrs	Louise Tallis			Fully booked	A30
6th June	Friday	Pilates for the Menopause: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Anna Anscombe	£225	£202.50	5 spaces left	A60 (Days 1&2)
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	Jacquie Biggs	£140	£126	3 spaces left	A30
Buy a Balanced Body Pilates Arc for just £85 (excluding p&p) when attending this course - saving approx 50%!!									
12th June	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	New date!	
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	Good availability	A30
17th June	Tuesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	New date!	
20th June	Friday	Pilates with the Band - (three Sixed 2.5m bands (light, medium, strong) inc. UK only)	10am-12pm & 1pm-3pm	4 hrs	Paul Howse	£125	£112.50	Good availability	A30
21st June	Saturday	Musculoskeletal Problems and how Pilates can help	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Kyle Blackburn	£140	£126	Good availability	A30
21st June	Saturday	Pilates for Children & Adolescents: Day 1 (see note in footer)	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden	£225	£202.50	New date!	A60 (Days 1&2)
22nd June	Sunday	Pilates for Children & Adolescents: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden				
22nd June	Sunday	Small Ball & Toning Circle	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	£125	£112.50	5 spaces left	A30
27th June	Friday	Ball (Gym Ball)	10am-12pm & 1pm-3pm	4 hrs	Jacquie Biggs	£125	£112.50	Good availability	A30
28th June	Saturday	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia	10am-12.30pm & 1.30-4pm	5 hrs	Abby Lord	£160	£144	Good availability	
28th June	Saturday	Pilates and Mental Wellbeing	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Lorna Nicholson	£140	£126	New date!	A30
28th June	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	10am-12.30pm & 1pm-3.30pm	5 hrs	Karen Robb	£140	£126	New date!	A30
Breast Cancer Rehab Special! Book Foundation on 28/06 and Programmes on 29/06 or 02/11 for just £240 (Academy members £215)!!						£215	£193.50	See Special!!	
29th June	Sunday	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!	A30
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!	A30
5th July	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	4.5 hrs	Nathan Gardner	£140	£126	Good availability	A30
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)!!						£215	£193.50	See Special!!	
11th July	Friday	Sacroiliac Joint Dysfunction & how Pilates can help NEW WORKSHOP!	9.30am-12.30pm	3hrs	Kyle Blackburn	£110	£99	New Workshop!	A15
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	6 spaces left	A15
12th July	Saturday	Foam Roller	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	£125	£112.50	New date!	A30
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!	A30
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!	A30
19th July	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	5 hrs	Louise Tallis	£140	£126	Good availability	A30
26th July	Saturday	Pilates in Prostate Cancer - NEW COURSE!	10am-12.30pm & 1.30pm-4pm	5 hrs	Karen Robb & Mark McCaffrey	£160	£144	6 spaces left	A30
26th July	Saturday	Movement: Day 1	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner	£215	£193.50	New date!	A60 (Days 1&2)
27th July	Sunday	Movement: Day 2	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner				
SUMMER SPECIAL! Book Movement starting 26/7 and Adaptations starting on 23/8 for just £330 (Academy members £297). Saving up to £100!!						£215	£193.50	See Special!!	
8th August	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	5.5 hrs	Lynne Robinson	£140	£126	New date!	A30
Pregnancy Special! Book Preg 1 on 08/08 and Pregnancy 2 on 09/08 or a later date for just £230 (Academy members £200)!!						£215	£193.50	See Special!!	
9th August	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	5 hrs	Sarah Warden	£140	£126	New date!	A30
9th August	Saturday	Hypopressives for Pilates Teachers: Foundation Day	10am-12.30pm & 1.30-4pm	5 hrs	Abby Lord	£160	£144	New date!	A30
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)!!						£215	£193.50	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!	
23rd August	Saturday	Adaptations: Day 1 (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	4 hrs	Nathan Gardner	£215	£193.50	New date!	A60 (Days 1&2)
24th August	Sunday	Adaptations: Day 2 (inc Workbooks Review)	10am-12pm & 1.30pm-3.30pm	4 hrs					
6th September	Saturday	Pilates for Golfers	10am-12.30pm & 1.30pm-3.30pm	4.5 hrs	Jenny Tyler	£125	£112.50	New date!	A30
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!	A90 (Days 1-3)
19th September	Friday	Pilates for the Menopause: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Anna Anscombe	£225	£202.50	New date!	A60 (Days 1&2)
20th September	Saturday	Pilates for the Menopause: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden				
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				
26th September	Friday	Understanding Medical Conditions	10am-12.30pm & 1.30-3.30pm	4.5hrs	Kyle Blackburn	£125	£112.50	New date!	A30
27th September	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	4.5 hrs	Nathan Gardner	£140	£126	New date!	A30
Performance Special! Book Performance on 27/9 and Runners on 11/10 or Dancers on 19/10 or a later date for just £230 (Academy members £200)!!						£215	£193.50	See Special!!	
4th October	Saturday	Small Ball & Toning Circle	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	£125	£112.50	New date!	A30
4th October	Saturday	Pilates for Swimmers WORKSHOP	10am-1pm	3hrs	Jenny Tyler	£100	£90	New date!	A15
10th October	Friday	Tom McCook MASTERCCLASS with recording!	4pm-5.30pm	1.5 hrs	Tom McCook			Not open for booking	A15
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!	A30
11th October	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!	A30
18th October	Saturday	Foam Roller	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	£125	£112.50	New date!	A30
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!	A30
Hypermobility SPECIAL! Book Foundation on 18/10 and Programmes on 19/10 or a future date for £250 (Academy members £225)!!						£215	£193.50	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!	A30
19th October	Sunday	Pilates for Dancers (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	4.5 hrs	Linda Gardner	£140	£126	New date!	A30
1st November	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	10am-12.30pm & 1pm-3.30pm	5 hrs	Karen Robb	£140	£126	New date!	A30
Breast Cancer Rehab Special! Book Foundation on 01/11 and Programmes on 02/11 or later for just £240 (Academy members £215)!!						£215	£193.50	See Special!!	
2nd November	Sunday	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!	A30
21st November	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	5.5 hrs	Lynne Robinson	£140	£126	New date!	A30
Pregnancy Special! Book Preg 1 on 21/11 and Pregnancy 2 on 22/11 or a later date for just £230 (Academy members £200)!!						£215	£193.50	See Special!!	
22nd November	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	5 hrs	Sarah Warden	£140	£126	New date!	A30
External Assessment Fees for Pregnancy, Bone Health, Older Person, Children courses									
For insurance purposes you should take the Active IQ exam after attending these courses. Registration and assessment fees apply - see our 'Course Guide 2025' Section B for full details.									
Important changes to the 'Pilates for Children' course									
No longer offer a Foundation Day ahead of the two tuition days. The content of that day is now self-study and will be sent to you ahead of the tuition weekend, which will start with a brief review of key 'Foundation Day' points...									