

BODY CONTROL PILATES: FACE TO FACE COURSES & WORKSHOPS	Fees	Times	Status
Schedule and availability correct as at 24/06/25			
Weekend unless stated. Venue is the Body Control Pilates Centre London unless stated.			
Spine Corrector & Pilates Arc - buy a Pilates Arc for just £80 when attending this course (p&p £15 extra if shipping)!			
July 19th	£200	10am-4.30pm	3 spaces left
<b>Reformer 1: Beginners/Intermediate</b>			
July 19th-20th; August 2nd-3rd; August 9th-10th	BOURNEMOUTH	10.30am-5pm daily	Fully Booked
August 5th-10th (Tuesday-Sunday)	SUMMER INTENSIVE	10am-4.30pm daily	Fully booked
September 13th-14th; Sept 27th-28th; October 11th-12th		10am-4.30pm daily	4 spaces left
October 28th-November 2nd (Tuesday-Sunday)	AUTUMN INTENSIVE	10am-4.30pm daily	Fully booked
November 21st-23rd; December 5th-7th (both Friday to Sunday)	TWO BLOCKS	10am-4.30pm daily	New date!
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)			
July 25th (Friday)		10am-2pm	Fully Booked
October 18th	£40	10am-2pm	New date!
<b>New format! 3 hrs supervised teaching and 1 hr supervised self-practice</b>			
<b>Reformer Review &amp; Exam Prep Day</b> (must have attended Reformer 1 tuition modules)			
August 20th (Wednesday)		10am-3.30pm	Fully booked
September 6th	£100	10am-3.30pm	New date!
October 17th (Friday)	£100	10am-3.30pm	New date!
December 12th	£100	10am-3.30pm	New date!
<b>Reformer Evolution</b>			
August 3rd	£175	10am-4.30pm	2 spaces left
<b>Reformer 2: Advanced</b> (must have Reformer certification)			
November 27th-30th (Thursday to Sunday)	INTENSIVE	10am-4.30pm daily	4 spaces left
<b>Reformer Bridging</b> (for those with Reformer certification from another provider)			
August 30th & 31st	£400	10am-4.30pm daily	2 spaces left
November 15th & 16th	£400	10am-4.30pm daily	5 spaces left
<b>Cadillac 1: Beginners</b> (must have attended Reformer 1)			
July 30th & 31st (Weds/Thurs)		10am-4.30pm daily	Fully booked
October 4th & 5th	£425	10am-4.30pm daily	4 spaces left
<b>Cadillac 2: Int/Advanced</b> (must have attended Cadillac 1)			
August 1st & 2nd (Friday/Saturday)		10am-4.30pm daily	Fully booked
August 16th & 17th		10am-4.30pm daily	Fully booked
December 13th & 14th	£425	10am-4.30pm daily	4 spaces left
<b>Cadillac 3: Advanced</b> (must have attended Cadillac 2)			
September 20th		10am-4.30pm	Fully booked
November 22nd	£250	10am-4.30pm	New date!
<b>Chair 1</b>			
July 12th & 13th		10am-4.30pm daily	Fully booked
September 20th & 21st	£425	10am-4.30pm daily	4 spaces left
<b>Chair 2</b> (must have attended Chair 1)			
July 26th & 27th	£425	10am-4.30pm daily	4 spaces left
October 18th & 19th	£425	10am-4.30pm daily	5 spaces left
<b>Ladder Barrel</b>			
August 4th (Monday)	£250	9.30am-4.30pm	3 spaces left
November 9th	£250	9.30am-4.30pm	4 spaces left
<b>Super Saturday - a day packed with classes and studio sessions at The Body Control Pilates Centre!</b>			
November 8th		8am-5pm	Coming Soon!