

BODY CONTROL PILATES FACE TO FACE COURSES & WORKSHOPS	Fees	Times	Status
<i>schedule and availability correct as at 28/05/25</i>			
<i>Weekend unless stated. Venue is the Body Control Pilates Centre London unless stated.</i>			
Spine Corrector & Pilates Arc - buy a Pilates Arc for just £80 when attending this course			
July 19th	£200	10am-4.30pm	3 spaces left
Reformer 1: Beginners/Intermediate			
June 21st-22nd; July 5th & 6th; July 19th-20th	£1,150	10am-4.30pm daily	4 spaces left
July 19th-20th; August 2nd-3rd; August 9th-10th BOURNEMOUTH	£1,150	10.30am-5pm daily	2 spaces left
August 5th-10th (Tuesday-Sunday) SUMMER INTENSIVE	£1,150	10am-4.30pm daily	3 spaces left
September 13th-14th; Sept 27th-28th; October 11th-12th	£1,150	10am-4.30pm daily	New date!
October 28th-November 2nd (Tuesday-Sunday) AUTUMN INTENSIVE	£1,150	10am-4.30pm daily	3 spaces left
November 21st-23rd; December 5th-7th (both Friday to Sunday) TWO BLOCKS	£1,150	10am-4.30pm daily	New date!
<i>Reformer exam costs £190 Contact ella.porter@bodycontrolpilates.com for more info.</i>			
Reformer Supervised Teaching Workshop & Self-Practice Session must have attended Reformer 1			
July 25th (Friday)	£40	10am-2pm	New date!
New format! 3 hrs supervised teaching and 1 hr supervised self-practice			
Reformer Review & Exam Prep Day (must have attended Reformer 1 tuition modules)			
June 7th	£100	10am-3.30pm	6 spaces left
August 20th (Wednesday)	£100	10am-3.30pm	New date!
Reformer Evolution (must have Reformer 1 certification)			
August 3rd	£200	10am-4.30pm	3 spaces left
Reformer 2: Advanced (must have Reformer 1 certification)			
June 14th-15th & 28th-29th	£780	10am-4.30pm daily	6 spaces left
November 27th-30th (Thursday to Sunday) INTENSIVE	£780	10am-4.30pm daily	New date!
Reformer Bridging (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	New date!
Cadillac 1: Beginners (must have attended Reformer 1)			
July 30th & 31st (Weds/Thurs)		10am-4.30pm daily	Fully booked
October 4th & 5th	£425	10am-4.30pm daily	New date!
Cadillac 2: Int/Advanced (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	£350	10am-4.30pm daily	New date!
Cadillac 3: Advanced (must have attended Cadillac 2)			
September 20th		10am-4.30pm	Fully booked
November 22nd	£250	10am-4.30pm	New date!
Chair 1			
July 12th & 13th	£350	10am-4.30pm daily	Fully booked
September 20th & 21st	£425	10am-4.30pm daily	4 spaces left
Chair 2 (must have attended Chair 1)			
July 26th & 27th	£425	10am-4.30pm daily	4 spaces left
October 18th & 19th	£350	10am-4.30pm daily	4 spaces left
Ladder Barrel			
August 4th (Monday)	£250	9.30am-4.30pm	4 spaces left
November 9th	£250	9.30am-4.30pm	New date!