

BODY CONTROL PILATES: ONLINE COURSES & WORKSHOPS (ALL ON ZOOM)			Daily Timings (UK)	Fees £	Availability
as at 23/06/25					
27th June	Friday	Pilates on the Ball (Gym Ball)	10am-12pm & 1pm-3pm		Fully booked
28th June	Saturday	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia	10am-12.30pm & 1.30-4pm	£195	6 spaces left
28th June	Saturday	Pilates and Mental Wellbeing	10am-12.30pm & 1.30-3.30pm		Fully booked
3rd July	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	£45	6 spaces left
4th July	Friday	Reformer for Pre- & Postnatal Clients (must be Reformer 1, Pregnancy qualified)	10am-1pm	£150	Good availability
5th July	Saturday	Pilates and Hypermobility: Programmes Day (must have done Foundation)	10am-12.30pm & 2pm-4.30pm	£175	4 spaces left
5th July	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	£175	6 spaces left
9th July	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	Good availability
12th July	Saturday	Pilates on the Foam Roller	10am-12pm & 1pm-3pm	£175	3 spaces left
12th July	Saturday	Pilates for Runners (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£175	4 spaces left
15th July	Tuesday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	£45	Good availability
19th July	Saturday	Pilates for Dancers (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£175	Good availability
19th July	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm		Fully booked
26th & 27th July	Sat & Sun	Movement	10am-12pm & 1.30pm-4pm	£275	3 spaces left
30th July	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	Good availability
8th August	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	£175	6 spaces left
9th August	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	£175	3 spaces left
9th August	Saturday	Matwork Bridging Course - 5 days see below	10am-12pm and 1.30pm-3.30pm	£1,275	1 space left
9th August	Saturday	Hypopressives for Pilates Teachers: Foundation Day	10am-12.30pm & 1.30-4pm	£195	Good availability
12th August	Tuesday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	£45	Good availability
17th August	Sunday	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia	10am-12.30pm & 1.30-4pm	£195	Good availability
23rd & 24th August	Sat & Sun	Adaptations: (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	£275	3 spaces left
6th September	Saturday	Pilates for Golfers	10am-12.30pm & 1.30pm-3.30pm	£175	Good availability
13th September	Saturday	Pilates with the Band - three Sissel 2.5m bands (light, medium, strong) inc. (UK only)!	10am-12pm & 1pm-3pm	£175	New date!
19th & 20th September	Fri & Sat	Pilates for the Menopause	10am-12.30pm & 1.30-3.30pm	£275	6 spaces left
26th September	Friday	Understanding Medical Conditions	10am-12.30pm & 1.30-3.30pm	£175	New date!
27th September	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	£175	6 spaces left
27th & 28th September	Sat & Sun	Pilates for Children & Adolescents	10am-12.30pm & 1.30-3.30pm	£275	Good availability
4th October	Saturday	Small Ball & Toning Circle	10am-12pm & 1pm-3pm	£175	Good availability
4th October	Saturday	Pilates for Swimmers with Jenny Tyler WORKSHOP	10am-1pm	£150	New date!
4th & 5th October	Sat & Sun	Pilates for the Older Person	10am-1pm & 2pm-4.30pm	£275	6 spaces left
11th October	Saturday	Understanding Neurological Disorders and how Pilates can help	10am-12.30pm & 1.30-3.30pm	£175	6 spaces left
11th October	Saturday	Pilates for Runners (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£175	New date!
12th October	Sunday	Pilates for Dancers (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£175	New date!
12th October	Sunday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	£175	5 spaces left
17th October	Friday	Matwork Bridging Course - 5 days see below	10am-12pm and 1.30pm-3.30pm	£1,275	4 spaces left
18th October	Saturday	Foam Roller	10am-12pm & 1pm-3pm	£175	New date!
18th October	Saturday	Pilates and Hypermobility: Foundation Day	10am-12.30pm & 2pm-4.30pm	£175	New date!
25th October	Saturday	Pilates and Mental Wellbeing	10am-12.30pm & 1.30-3.30pm	£175	New date!
1st November	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	10am-12.30pm & 1pm-3.30pm	£175	New date!
2nd November	Sunday	Pilates and Breast Cancer Rehab: Programmes Day (must have done Foundation)	10am-12.30pm & 1pm-3.30pm	£175	New date!
8th & 9th November	Sat & Sun	Pilates and Scoliosis	10am-12.30pm & 2pm-4pm	£275	6 spaces left
8th November	Saturday	Hypopressives for Pilates Teachers: Foundation Day	10am-12.30pm & 1.30-4pm	£195	New date!
9th November	Sunday	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia	10am-12.30pm & 1.30-4pm	£195	New date!
15th November	Saturday	Pilates and Hypermobility: Programmes Day (must have done Foundation)	10am-12.30pm & 2pm-4.30pm	£175	New date!
21st November	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	£175	New date!
22nd November	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	£175	New date!
28th November	Friday	Pilates on the Ball (Gym Ball)	10am-12pm & 1pm-3pm	£175	New date!