

# BODY CONTROL PILATES®

**New!**

## **Super Saturday on 8<sup>th</sup> November 2025!**

Our Super Saturdays last year were a huge success, so we've just added a new one on **Saturday 8<sup>th</sup> November 2025!** It's always so good to see so many of you at The Body Control Pilates Centre and it really is becoming a regular Body Control Pilates community event!

Super Saturday is a full day of Pilates classes and sessions taught by our tutors and senior teachers, at the Body Control Pilates Centre in London. It's going to be another fun-packed but challenging and educational day so we hope you can make it. You can book as many classes/sessions as you like, so just pop in or stay for the day! Classes do fill up so book as soon as you can....

You must be a qualified Pilates Teacher to attend. Priority Booking is open to Body Control Pilates Association members.

### **To book**

Either give the Body Control Pilates Centre a call on 0207 636 8900 (9.30am - 4.30pm) or make an online payment with the class code.

### **Super Saturday!**

***Saturday 8<sup>th</sup> November 2025***

***9.15am – 4.45pm***

***24 Sessions to choose from, led by:***

***Bridget Montague***

***Hernan Castro-Vidal***

***Kate Hodder***

***Melanie Christou***

***Valentina Fruzzetti!***

***Charlie Savage***

***Jacquie Biggs***

***Kathy King***

***Sam Armstrong***

***Danai Pappa***

***Jazzi Craddock***

***Paul Howse***

***Sarah-Louise Warden***

A full day of Body Control Pilates Reformer and Matwork Teacher Classes all taught by our senior tutors and studio team. Studio Sessions will also be running in Studio 1 for the day.

Held at The Body Control Pilates Centre in Bloomsbury, London

**All classes/sessions carry 5 List A CPD Points each**

Academy Members gain a 10-15% Discount on these class prices. Please contact us directly if using credit. Please note that Education Season Ticket and other credit can be used but **not** the new PDP Credit.

## **Matwork Classes**

**10-12 max**

**£20 per class**

### **M1 9.15am – 10.15am Invitational Teaching in Practice with Melanie Christou**

Experience a mat class that models a more invitational approach to cueing and class delivery. Explore how language, tone and choice can support learner autonomy, adaptability and deeper embodiment—offering fresh inspiration for your own teaching. All Levels.

### **M2 9.30am - 10.30am Wake Up! with Valentina Fruzzetti**

Start your day with strength, balance, and focus. This 60-minute mat-based Pilates class is designed to improve posture, flexibility, and core stability through controlled, low-impact movements. All levels.

### **M3 10.30am - 11.30am Spinal Flow with Kathy King**

Using flowing sequences, this class will guide you through moving your spine in all directions. All levels

### **M4 10.45am – 11.45am Dynamic Stretch Pilates with Danai Pappa**

Start off your day with a full body stretch class that will help you feel invigorated, improve resilience and feel freer & stronger. All Levels.

### **M5 11.45am -12.45pm Pauls Dynamic Body Weight Class**

In this session you will go through many of the more challenging body weight exercises. From side lifts to press ups and more. Get ready to use your body weight to challenge your mobility and stability. This will be a challenging class for all levels!

### **M6 12pm - 1pm Spirals Mat Class with Charlie Savage**

Come prepared to move, spiral & find less linear movement pathways. Your body will thank me! All Levels.

### **M7 1pm - 2pm Hips All 'Round with Kathy King**

This creative class will explore this hip joint, looking at various ways to mobilise, strengthen and stabilise. A portion of the class will be standing, focussing on one legged balance. All levels

### **M8 1.15pm – 2.15pm Master Mat Class with Sam Armstrong**

A class exploring working from the Periphery to the centre and using the centre of gravity to transition all our movements. Suitable for those with no hip impingements. All Levels.

### **M9 2.15pm - 3.15pm Sit Fit class with Jazzi Craddock**

A dynamic flowing class using a Sit Fit to challenge our stability and give important feedback and support for our joints. Come away with new ideas on how you can incorporate it into your own workouts and mat classes. All Levels.

### **M10 2.30pm - 3.30pm Finding Release Through Rotation with Kate Hodder**

A challenging class for the upper body and finding flow through rotation. All Levels.

### **M11 3.30pm – 4.30pm The Wind Down Zone with Paul Howse**

Join Paul for an end of day wind down. Paul will take you through a series of flowing movements and dynamic stretches leaving your body feeling released and relaxed after your long day. All Levels

### **M12 3.45pm- 4.45pm Master Mat Class with Sam Armstrong (Repeat of M8)**

A class exploring working from the Periphery to the centre and using the centre of gravity to transition all our movements. Suitable for those with no hip impingements. All Levels.

## **Reformer Classes**

**9 max**

**£25 per class**

### **R1 9.30am - 10.30am Intro to the Reformer with Paul Howse**

For those of you who are new to the Reformer or would like a Refresher.

### **R2 10.45am - 11.45am Dynamic Reformer with Valentina Fruzzetti**

Experience the power and precision of classical Pilates with a dynamic twist. This energizing Reformer class follows the traditional sequence developed by Joseph Pilates, enhanced with fluid transitions and a brisk pace to build strength, control, and endurance. You'll move through a full-body workout that challenges your core, improves alignment, and promotes long, lean muscle tone. Get ready to move with purpose and leave feeling strong and centred. Best suited for those with prior Reformer experience.

### **R3 12pm - 1pm Unilateral Variations with Jacquie Biggs**

This flowing intermediate Reformer class will incorporate lots of unilateral variations, working with and stabilising against rotation.

### **R4 1.15pm – 2.15pm A Trip around the Hip on the Reformer! with Bridget Montague**

A dynamic & fun class exploring movement at the hip and how the Reformer can support and assist this. Reformer experience required.

### **R5 2.30pm - 3.30pm Reformer Master Class with Charlie Savage**

This class is designed to explore movement within the boundaries of the machine and expand your repertoire. For experienced Reformer teachers.

### **R6 3.45pm - 4.45pm Reformer Flow with Sarah-Louise Warden**

An intermediate class designed to flow continuously from one sequence to another, each exercise having no beginning or end. Even the spring and equipment changes will be coordinated into the sequence. Movement is key!

## **Studio Sessions**

Enjoy an hour's circuit on the full range of equipment including Cadillac, Reformer, Chair and Ladder Barrel under the supervision of two Comprehensive or Master Studio teachers.

See timetable below for who will be supervising each session. Suitable for all levels even if you are new to the equipment.

£20 per session

6 people max per hour.

<b>S1</b>	<b>9.30am - 10.30am</b>	<b>with Jacquie Biggs &amp; Danai Pappa</b>
<b>S2</b>	<b>10.45am - 11.45am</b>	<b>with Jacquie Biggs &amp; Melanie Christou</b>
<b>S3</b>	<b>12pm - 1pm</b>	<b>with Sarah-Louise Warden &amp; Jazzi Craddock</b>
<b>S4</b>	<b>1.15pm - 2.15pm</b>	<b>with Sarah-Louise Warden &amp; Paul Howse</b>
<b>S5</b>	<b>2.30pm - 3.30pm</b>	<b>with Bridget Montague &amp; Hernan Castro-Vidal</b>
<b>S6</b>	<b>3.45PM – 4.45pm</b>	<b>with Charlie Savage &amp; Hernan Castro-Vidal</b>

Cancellation policy: cancel by Friday 31<sup>st</sup> October 2025 to receive a credit refund back.

See Teacher Profiles at <https://www.bodycontrolpilates.com/our-london-studio/teacher-profiles/>

**Online Booking Options**

Please give class code as reference. If any of your choices are full, we'll get in touch with other options or credit you.

**Bank**

Please make payment by transfer to the bank details provided in our emails.