

FACE TO FACE COURSES & WORKSHOPS	Fees	Academy Fees	Days	Times	Status	CPD
Schedule and availability correct as at 04/07/25						
Weekend unless stated. Venue is the Body Control Pilates Centre London unless stated.						
<b>Matwork Evolution</b>						
September 26th (Friday)	£150	£135	1	10am-4pm	3 spaces left	A30
<b>Precision of Movement for Pilates Teachers</b>						
date in planning	£150	£135	1	10am-4pm		A30
<b>Intermediate Matwork</b>						
July 5th & 6th			2	10am-4pm	Fully booked	A60
October 25th & 26th			2	10am-4pm	Fully booked	A60
December 6th & 7th	£310	£279	2	10am-4pm	New date!	A60
<b>Advanced Matwork</b> (must have attended Intermediate Mat)						
October 11th	£185	£166.50	1	9.30am-5pm	4 spaces left	A30
January 31st 2026	£185	£166.50	1	9.30am-5pm	New date!	A30
<b>Standing Pilates</b>						
new date in planning	£150	£135	1	10am-4.30pm		A30
<b>Spine Corrector &amp; Pilates Arc</b> - buy a Pilates Arc for just £80 when attending this course (p&p £15 extra if shipping)!						
July 19th	£150	£135	1	10am-4.30pm	3 spaces left	A30
<b>Reformer 1: Beginners/Intermediate</b>						
July 19th-20th; August 2nd-3rd; August 9th-10th	£1,050	£950	6	10.30am-5pm daily	Fully booked	A120
August 5th-10th (Tuesday-Sunday)			6	10am-4.30pm daily	Fully booked	A120
September 13th-14th; Sept 27th-28th; October 11th-12th	£945	£850	6	10am-4.30pm daily	1 space left	A120
October 28th-November 2nd (Tuesday-Sunday)			6	10am-4.30pm daily	Fully booked	A120
November 21st-23rd; December 5th-7th (both Friday to Sunday)	£945	£850	6	10am-4.30pm daily	Good availability	A120
January 17th-18th; January 31st-Feb 1st; February 14th-15th 2026	£945	£850	6	10am-4.30pm daily	New date!	A120
February 17th-22nd 2026 (Tuesday-Sunday)	£945	£850	6	10am-4.30pm daily	New date!	A120
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)			0.5	10am-2pm	Fully booked	A15
October 18th	£40	£36	0.5	10am-2pm	Good availability	A15
New format! 3 hrs supervised teaching and 1 hr supervised self-practice						
<b>Reformer Review &amp; Exam Prep Day</b> (must have attended Reformer 1 tuition modules)						
August 20th (Wednesday)			1	10am-3.30pm	Fully booked	A30
September 6th	£100	£90	1	10am-3.30pm	Good availability	A30
October 17th (Friday)	£100	£90	1	10am-3.30pm	Good availability	A30
December 12th	£100	£90	1	10am-3.30pm	New date!	A30
Reformer exams? Contact Ella Porter for more info!						
<b>Reformer Update Day</b> (for Reformer 1 students still to qualify and Reformer teachers)						
new date in planning	£160	£144	1	10am-4pm	3 spaces left	A30
<b>Reformer Evolution</b>						
August 3rd	£150	£135	1	10am-4.30pm	1 space left	A30
<b>Reformer 2: Advanced</b> (must have Reformer certification)						
November 27th-30th (Thursday to Sunday)	£650	£585	4	10am-4.30pm daily	Good availability	A100
<b>Reformer Bridging</b> (for those with Reformer certification from another provider)						
August 30th & 31st	£400	£360	2	10am-4.30pm daily	2 spaces left	A60
November 15th & 16th	£400	£360	2	10am-4.30pm daily	Good availability	A60
<b>Cadillac 1: Beginners</b> (must have attended Reformer 1)						
July 30th & 31st (Weds/Thurs)			2	10am-4.30pm daily	Fully booked	A60
August 14th & 15th (Thursday/Friday)	£350	£315	2	10am-4.30pm daily	New date!	A60
October 4th & 5th	£350	£315	2	10am-4.30pm daily	2 spaces left	A60
January 24th & 25th 2026	£350	£315	2	10am-4.30pm daily	New date!	A60
<b>Cadillac 2: Int/Advanced</b> (must have attended Cadillac 1)						
August 1st & 2nd (Friday/Saturday)			2	10am-4.30pm daily	Fully booked	A60
August 16th & 17th			2	10am-4.30pm daily	Fully booked	A60
December 13th & 14th	£350	£315	2	10am-4.30pm daily	4 spaces left	A60
<b>Cadillac 3: Advanced</b> (must have attended Cadillac 2)						
September 20th			1	10am-4.30pm	Fully booked	A30
November 22nd	£200	£180	1	10am-4.30pm	New date!	A30
<b>Chair 1</b>						
July 12th & 13th			2	10am-4.30pm daily	Fully booked	A60
September 20th & 21st	£350	£315	2	10am-4.30pm daily	3 spaces left	A60
February 7th & 8th 2026	£350	£315	2	10am-4.30pm daily	New date!	A60
<b>Chair 2</b> (must have attended Chair 1)						
July 26th & 27th	£350	£315	2	10am-4.30pm daily	4 spaces left	A60
October 18th & 19th	£350	£315	2	10am-4.30pm daily	Good availability	A60
<b>Ladder Barrel</b>						
August 4th (Monday)	£200	£180	1	9.30am-4.30pm	1 space left	A30
November 9th	£200	£180	1	9.30am-4.30pm	3 spaces left	A30
<b>Super Saturday - a day packed with classes and studio sessions!</b>						
November 8th				8am-5pm	Check availability	
<b>Workshops</b>						
<b>Reformer Jumpboard Masterclass with Jacquie Biggs</b>						
September 12th (Friday)	£80	£72	0.5	10.30am-1pm	4 spaces left	A15
November 15th BELFAST			0.5	2pm-4pm	Fully booked	A15
<b>Bringing Hypopressives into Pilates' with Diane Aben</b>						
July 12th	£110	£99	0.5	10.30am-1.30pm	3 spaces left	A15
<b>Ellie Herman Workshops</b>						
August 12th (Tuesday) Slowburn Reformer			0.5	10am-2pm	Fully booked	A30
August 12th (Tuesday) Springboard Tower			0.5	3pm-5pm	Fully booked	A15
August 13th (Wednesday) Prop-o-logy	£125	£113	0.5	10am-1pm	2 spaces left	A30
August 13th (Wednesday) Pilates for Everybody	£75	£67.50	0.5	2pm-4pm	3 spaces left	A15
<b>Studio Summer School 2025 - save up to 20%!</b>						
Summer School Special! Book 2 courses and save 10% on what you would normally pay for each course						
<b>Cadillac 1: Beginners</b> (must have attended Reformer 1)						
July 30th & 31st (Weds/Thurs)			2	10am-4.30pm daily	Fully booked	A60
<b>Cadillac 2: Int/Advanced</b> (must have attended Cadillac 1)						
August 1st & 2nd (Friday/Saturday)			2	10am-4.30pm daily	Fully booked	A60
<b>Reformer Evolution</b>						
August 3rd	£150	£135	1	10am-4pm	1 space left	A30
<b>Ladder Barrel</b>						
August 4th (Monday)	£200	£180	1	9.30am-4.30pm	1 space left	A30