	Fees	Acadomy Food	Dave	Times	Status	CPD
FACE TO FACE COURSES & WORKSHOPS Schedule and availability correct as at 04/07/25	rees	Academy Fees	Days	mnes	Sidlus	CPD
Weekend unless stated. Venue is the Body Control Pilates Centre London unless stated.						
Matwork Evolution						
September 26th (Friday) Precision of Movement for Pilates Teachers	£150	£135	1	10am-4pm	3 spaces left	A30
date in planning	£150	£135	1	10am-4pm		A30
Intermediate Matwork	2150	2100	-	100m ipm		1.50
July 5th & 6th			2	10am-4pm	Fully booked	A60
October 25th & 26th	624.0	6270	2	10am-4pm	Fully booked	A60
December 6th & 7th Advanced Matwork (must have attended Intermediate Mat)	£310	£279	2	10am-4pm	New date!	A60
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
Standing Pilates						
new date in planning	£150	£135	1	10am-4.30pm		A30
Spine Corrector & Pilates Arc - buy a Pilates Arc for just £80 when attending this course (p&			1	10	2 1-6	120
July 19th Reformer 1: Beginners/Intermediate	£150	£135	1	10am-4.30pm	3 spaces left	A30
July 19th-20th; August 2nd-3rd; August 9th-10th BOURNEMOUTH	£1,050	£950	6	10.30am-5pm daily	Fully booked	A120
August 5th-10th (Tuesday-Sunday) SUMMER INTENSIVE			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) AUTUMN INTENSIVE November 21st-23rd; December 5th-7th (both Friday to Sunday) TWO BLOCKS	£945	£850	6	10am-4.30pm daily 10am-4.30pm daily	Fully booked Good availability	A120 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) INTENSIVE	£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.						
Reformer Supervised Teaching Workshop & Self-Practice Session (must have attended July 25th (Friday)	Reformer 1 ti	uition)	0.5	10am-2pm	Fully booked	A15
October 18th	£40	£36	0.5	10am-2pm 10am-2pm	Good availability	A15 A15
New format! 3 hrs supervised teaching and 1 hr supervised self-practice				· · · · · ·		
Reformer Review & Exam Prep Day (must have attended Reformer 1 tuition modules)						
August 20th (Wednesday) September 6th	6100	600	1	10am-3.30pm	Fully booked	A30
September 6th October 17th (Friday)	£100 £100	£90 £90	1	10am-3.30pm 10am-3.30pm	Good availability Good availability	A30 A30
December 12th	£100	£90	1	10am-3.30pm	New date!	A30
Reformer exams? Contact Ella Porter for more info!						
Reformer Update Day (for Reformer 1 students still to qualify and Reformer teachers)						
new date in planning	£160	£144	1	10am-4pm	3 spaces left	A30
Reformer Evolution August 3rd see 'Summer School' offer below	£150	£135	1	10am-4.30pm	1 space left	A30
Reformer 2: Advanced (must have Reformer certification)	1150	1155	1	10am-4.50pm	1 space left	ASU
November 27th-30th (Thursday to Sunday) INTENSIVE	£650	£585	4	10am-4.30pm daily	Good availability	A100
Reformer Bridging (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
Cadillac 1: BeginnerS (must have attended Reformer 1) July 30th & 31st (Weds/Thurs) 'Summer School'			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
Cadillac 2: Int/Advanced (must have attended Cadillac 1) August 1st & 2nd (Friday/Saturday) 'Summer School'			2	10am 120am daile	Fully booked	A60
August 1st & 2nd (Friday/Saturday) 'Summer School' August 16th & 17th			2	10am-4.30pm daily 10am-4.30pm daily	Fully booked	A60
December 13th & 14th	£350	£315	2	10am-4.30pm daily	4 spaces left	A60
Cadillac 3: Advanced (must have attended Cadillac 2)						
September 20th	6200	6100	1	10am-4.30pm	Fully booked New date!	A30
November 22nd Chair 1	£200	£180	1	10am-4.30pm	New date!	A30
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
Chair 2 (must have attended Chair 1)	6350	0045	2	10am 120a 1 1	A groups i di	100
July 26th & 27th October 18th & 19th	£350 £350	£315 £315	2	10am-4.30pm daily 10am-4.30pm daily	4 spaces left Good availability	A60 A60
Ladder Barrel				com copin daily		
August 4th (Monday) see 'Summer School' offer below	£200	£180	1	9.30am-4.30pm	1 space left	A30
November 9th	£200	£180	1	9.30am-4.30pm	3 spaces left	A30
Super Saturday - a day packed with classes and studio sessions!						
November 8th				8am-5pm	Check availability	
Workshops						
			1			
Reformer Jumpboard Masterclass with Jacquie Biggs September 12th (Friday)	£80	£72	0.5	10.30am-1pm	4 spaces left	A15
September 12th (Friday) November 15th <mark>BELFAST</mark>	£80	£72	0.5	10.30am-1pm 2pm-4pm	4 spaces left Fully booked	A15 A15
September 12th (Friday) November 15th BELFAST Bringing Hypopressives into Pilates' with Diane Aben			0.5	2pm-4pm	Fully booked	A15
September 12th (Friday) November 15th <mark>BELFAST</mark>	£80 £110	£72 £99				
September 12th (Friday) November 15th BELFAST Bringing Hypopressives into Pilates' with Diane Aben July 12th Ellie Herman Workshops August 12th (Tuesday) Slowburn Reformer			0.5 0.5 0.5	2pm-4pm 10.30am-1.30pm 10am-2pm	Fully booked 3 spaces left Fully booked	A15 A15 A30
September 12th (Friday) November 15th BELFAST Bringing Hypopressives into Pilates' with Diane Aben July 12th Ellie Herman Workshops August 12th (Tuesday) Slowburn Reformer August 12th (Tuesday) Springboard Tower	£110	£99	0.5 0.5 0.5 0.5	2pm-4pm 10.30am-1.30pm 10am-2pm 3pm-5pm	Fully booked 3 spaces left Fully booked Fully booked	A15 A15 A30 A15
September 12th (Friday) November 15th BELFAST Bringing Hypopressives into Pilates' with Diane Aben July 12th Ellie Herman Workshops August 12th (Tuesday) Slowburn Reformer			0.5 0.5 0.5	2pm-4pm 10.30am-1.30pm 10am-2pm	Fully booked 3 spaces left Fully booked	A15 A15 A30
September 12th (Friday) November 15th BELFAST Bringing Hypopressives into Pilates' with Diane Aben July 12th Ellie Herman Workshops August 12th (Tuesday) Soriaboard Tower August 13th (Wednesday) Prop-ology	£110 £125	£99 	0.5 0.5 0.5 0.5 0.5	2pm-4pm 10.30am-1.30pm 10am-2pm 3pm-5pm 10am-1pm	Fully booked 3 spaces left Fully booked Fully booked 2 spaces left	A15 A15 A30 A15 A30
September 12th (Friday) November 15th BELFAST Bringing Hypopressives into Pilates' with Diane Aben July 12th Ellie Herman Workshops August 12th (Tuesday) Slowburn Reformer August 12th (Tuesday) Springboard Tower August 13th (Wednesday) Prop-ology August 13th (Wednesday) Pilates for Everybody	£110 £125 £75	£99 	0.5 0.5 0.5 0.5 0.5	2pm-4pm 10.30am-1.30pm 10am-2pm 3pm-5pm 10am-1pm	Fully booked 3 spaces left Fully booked Fully booked 2 spaces left	A15 A15 A30 A15 A30
September 12th (Friday) November 15th BELFAST Bringing Hypopressives into Pilates' with Diane Aben July 12th Ellie Herman Workshops August 12th (Tuesday) Slowburn Reformer August 12th (Tuesday) Slowburn Reformer August 12th (Tuesday) Springboard Tower August 12th (Wednesday) Prop-ology August 13th (Wednesday) Pilates for Everybody Studio Summer School 2025 - save up to 20%! Summer School Speciall Book 2 courses and save 10% on what you would normally pay for each cou Cadillac 1: Beginners (must have attended Reformer 1)	£110 £125 £75	£99 	0.5 0.5 0.5 0.5 0.5	2pm-4pm 10.30am-1.30pm 10am-2pm 3pm-5pm 10am-1pm 2pm-4pm	Fully booked 3 spaces left Fully booked Fully booked 2 spaces left 3 spaces left	A15 A15 A30 A15 A30 A15
September 12th (Friday) November 15th BELFAST Bringing Hypopressives into Pilates' with Diane Aben July 12th Ellie Herman Workshops August 11 (Tuesday) Slowburn Reformer August 12th (Tuesday) Slowburn Reformer August 12th (Tuesday) Springboard Tower August 12th (Wednesday) Prop-ology August 13th (Wednesday) Pilates for Everybody Studio Summer School 2025 - save up to 20%! Summer School Speciall Book 2 courses and save 10% on what you would normally pay for each cou Cadillac 1: Beginners (must have attended Reformer 1) July 30th & 31st (Weds/Thurs)	£110 £125 £75	£99 	0.5 0.5 0.5 0.5 0.5	2pm-4pm 10.30am-1.30pm 10am-2pm 3pm-5pm 10am-1pm	Fully booked 3 spaces left Fully booked Fully booked 2 spaces left	A15 A15 A30 A15 A30
September 12th (Friday) November 15th BELFAST Bringing Hypopressives into Pilates' with Diane Aben July 12th Ellie Herman Workshops August 12th (Tuesday) Slowburn Reformer August 12th (Tuesday) Springboard Tower August 12th (Wednesday) Prop-ology August 13th (Wednesday) Pilates for Everybody Studio Summer School 2025 - save up to 20%! Summer School Special! Book 2 courses and save 10% on what you would normally pay for each cou Cadillac 1: Beginners (must have attended Reformer 1) July 30th & 31st (Wed/Thurs) Cadillac 2: Int/Advanced (must have attended Cadillac 1)	£110 £125 £75	£99 	0.5 0.5 0.5 0.5 0.5 0.5	2pm-4pm 10.30am-1.30pm 10am-2pm 3gm-5pm 10am-1pm 2pm-4pm 10am-4.30pm daily	Fully booked 3 spaces left Fully booked 2 spaces left 3 spaces left Fully booked Fully booked	A15 A15 A30 A15 A30 A15 A15 A60
September 12th (Friday) November 15th BELFAST Bringing Hypopressives into Pilates' with Diane Aben July 12th Ellie Herman Workshops August 12th (Tuesday) Slowburn Reformer August 12th (Tuesday) Springboard Tower August 12th (Tuesday) Springboard Tower August 12th (Wednesday) Prop-ology August 13th (Wednesday) Plates for Everybody Studio Summer School 2025 - save up to 20%! Summer School Speciall Book 2 courses and save 10% on what you would normally pay for each cou Cadillac 1: Beginner's (must have attended Reformer 1) July 30th & 31st (Weds/Thurs) Cadillac 2: Int/Advanced (must have attended Cadillac 1) August 1st & 2nd (Friday/Saturday)	£110 £125 £75	£99 	0.5 0.5 0.5 0.5 0.5 0.5	2pm-4pm 10.30am-1.30pm 10am-2pm 3pm-5pm 10am-1pm 2pm-4pm	Fully booked 3 spaces left Fully booked Fully booked 2 spaces left 3 spaces left	A15 A15 A30 A15 A30 A15 A15
September 12th (Friday) November 15th BELFAST Bringing Hypopressives into Pilates' with Diane Aben July 12th Ellie Herman Workshops August 12th (Tuesday) Slowburn Reformer August 12th (Tuesday) Springboard Tower August 12th (Tuesday) Springboard Tower August 13th (Wednesday) Prop-ology August 13th (Wednesday) Prop-ology August 13th (Wednesday) Prop-ology Studio Summer School 2025 - save up to 20%! Summer School Special! Book 2 courses and save 10% on what you would normally pay for each cou Cadillac 1: Beginners (must have attended Reformer 1) July 30th & 31st (Weds/Thurs) Cadillac 2. Int/Advanced (must have attended Cadillac 1) August 13t and (Friday/Saturday) Reformer Evolution	f110 f125 f75	£99 £113 £67.50	0.5 0.5 0.5 0.5 0.5 0.5 2 2	2pm-4pm 10.30am-1.30pm 10am-2pm 3pm-5pm 10am-1pm 2pm-4pm 10am-4.30pm daily 10am-4.30pm daily	Fully booked Sapaces left Fully booked Sapaces left Sapaces left Fully booked Fully booked Fully booked Fully booked Fully booked	A15 A15 A30 A15 A30 A15 A30 A15 A60 A60
September 12th (Friday) November 15th BELFAST Bringing Hypopressives into Pilates' with Diane Aben July 12th Ellie Herman Workshops August 12th (Tuesday) Slowburn Reformer August 12th (Tuesday) Slowburn Reformer August 12th (Tuesday) Springboard Tower August 13th (Wednesday) Prop-ology August 13th (Wednesday) Prop-ology August 13th (Wednesday) Pilates for Everybody Studio Summer School 2025 - save up to 20%! Summer School Special! Book 2 courses and save 10% on what you would normally pay for each cou Cadillac 1: Beginners (must have attended Reformer 1) July 30th & 31st (Weds/Thurs) Cadillac 2: int/Advanced (must have attended Cadillac 1) August 13th & 2nd (Friday/Saturday) Reformer Evolution August 3rd	£110 £125 £75	£99 	0.5 0.5 0.5 0.5 0.5 0.5	2pm-4pm 10.30am-1.30pm 10am-2pm 3gm-5pm 10am-1pm 2pm-4pm 10am-4.30pm daily	Fully booked 3 spaces left Fully booked 2 spaces left 3 spaces left Fully booked Fully booked	A15 A15 A30 A15 A30 A15 A15 A60
September 12th (Fiday) November 15th BELFAST Bringing Hypopressives into Pilates' with Diane Aben July 12th Ellie Herman Workshops August 12th (Tuesday) Slowburn Reformer August 12th (Tuesday) Slowburn Reformer August 13th (Wednesday) Prop-ology August 13th (Wednesday) Pilates for Everybody Studio Summer School 2025 - save up to 20%! Summer School Special! Book 2 courses and save 10% on what you would normally pay for each cou Cadillac 1: Beginner's (must have attended Reformer 1) July 30th & 31st (Wed/Thurs) Cadillac 2: Int/Advanced (must have attended Cadillac 1) August 13t Aud (Friday/Saturday) Reformer Evolution	f110 f125 f75	£99 £113 £67.50	0.5 0.5 0.5 0.5 0.5 0.5 2 2	2pm-4pm 10.30am-1.30pm 10am-2pm 3pm-5pm 10am-1pm 2pm-4pm 10am-4.30pm daily 10am-4.30pm daily	Fully booked Sapaces left Fully booked Sapaces left Sapaces left Fully booked Fully booked Fully booked Fully booked Fully booked	A15 A15 A30 A15 A30 A15 A30 A15 A60 A60