

FACE TO FACE COURSES & WORKSHOPS	Fees	Academy Fees	Days	Times	Status	CPD
Schedule and availability correct as at 04/09/25						
Weekend unless stated. Venue is the Body Control Pilates Centre London unless stated.						
Matwork Evolution						
September 26th (Friday)	£150	£135	1	10am-4pm	1 space left	A30
January 10th 2026	£150	£135	1	10am-4pm	New date!	A30
Intermediate Matwork						
October 25th & 26th			2	10am-4pm	Fully booked	A60
December 6th & 7th	£310	£279	2	10am-4pm	Fully booked	A60
January 17th & 18th 2026	£310	£279	2	10am-4pm	Good availability	A60
March 7th & 8th 2026	£310	£279	2	10am-4pm	New date!	A60
Advanced Matwork (must have attended Intermediate Mat)						
October 11th			1	9.30am-5pm	Fully booked	A30
January 31st 2026	£185	£166.50	1	9.30am-5pm	Good availability	A30
Standing Pilates						
new date in planning	£150	£135	1	10am-4.30pm		A30
Spine Corrector & Pilates Arc - buy a Pilates Arc for just £85 when attending this course (p&p £15 extra if shipping)!						
new date in planning			1	10am-4.30pm		A30
Reformer 1: Beginners/Intermediate						
September 13th-14th; Sept 27th-28th; October 11th-12th			6	10am-4.30pm daily	Fully booked	A120
October 28th-November 2nd (Tuesday-Sunday) AUTUMN INTENSIVE			6	10am-4.30pm daily	Fully booked	A120
November 21st-23rd; December 5th-7th (both Friday to Sunday) TWO BLOCKS	£945	£850	6	10am-4.30pm daily	4 spaces left	A120
January 17th-18th; January 31st-Feb 1st; February 14th-15th 2026	£945	£850	6	10am-4.30pm daily	Good availability	A120
February 17th-22nd 2026 (Tuesday-Sunday) INTENSIVE	£945	£850	6	10am-4.30pm daily	Good availability	A120
April 24th-26th; May 8th-10th (both Friday to Sunday) TWO BLOCKS	£945	£850	6	10am-4.30pm daily	Good availability	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 as advised) (must have attended Reformer 1 tuition)						
October 18th includes self-practice session (1 hr)			0.5	10am-2pm	Fully booked	A15
November 14th (Friday)	£50	£45	0.5	10am-2pm	Good availability	A15
Reformer Review & Exam Prep Day (must have attended Reformer 1 tuition modules)						
September 6th	£100	£90	1	10am-3.30pm	2 spaces left	A30
October 17th (Friday)			1	10am-3.30pm	Fully booked	A30
December 12th	£100	£90	1	10am-3.30pm	5 spaces left	A30
Reformer exams? Contact Ella Porter for more info!						
Reformer Group Teaching Skills & Certification Course NEW COURSE! (must have BCP Reformer certification)						
October 10th (Friday)	£200	£180	1	10am-3.30pm	Fully booked	A30
Reformer Update Day (for Reformer 1 students still to qualify and Reformer teachers)						
new date in planning	£160	£144	1	10am-4pm		A30
Reformer Evolution						
new date in planning	£150	£135		10am-4.30pm		A30
Reformer 2: Advanced (must have Reformer certification)						
November 27th-30th (Thursday to Sunday) INTENSIVE	£650	£585	4	10am-4.30pm daily	4 spaces left	A100
March 28th-29th & April 18th-19th 2026	£650	£585	4	10am-4.30pm daily	New date!	A100
Reformer Bridging (for those with Reformer certification from another provider)						
November 15th & 16th	£400	£360	2	10am-4.30pm daily	3 spaces left	A60
March 14th & 15th 2026	£400	£360	2	10am-4.30pm daily	Good availability	A60
Cadillac 1: Beginners (must have attended Reformer 1)						
October 4th & 5th			2	10am-4.30pm daily	Fully booked	A60
January 24th & 25th 2026	£350	£315	2	10am-4.30pm daily	3 spaces left	A60
April 9th & 10th 2026 (Thursday/Friday) 'Easter Special' - see below	£350	£315	2	10am-4.30pm daily	New date!	A60
Cadillac Easter Special: book Cadillac 1 and 2 in April 2026 for £625 (Academy £525), saving £100						
Cadillac 2: Int/Advanced (must have attended Cadillac 1)						
December 13th & 14th	£350	£315	2	10am-4.30pm daily	2 spaces left	A60
April 11th & 12th 2026 'Easter Special' - see below	£350	£315	2	10am-4.30pm daily	New date!	A60
Cadillac Easter Special: book Cadillac 1 and 2 in April 2026 for £625 (Academy £525), saving £100						
Cadillac 3: Advanced (must have attended Cadillac 2)						
September 20th			1	10am-4.30pm	Fully booked	A30
November 22nd	£200	£180	1	10am-4.30pm	Good availability	A30
May 16th 2026	£200	£180	1	10am-4.30pm	New date!	A30
Chair 1						
September 20th & 21st	£350	£315	2	10am-4.30pm daily	1 space left	A60
February 7th & 8th 2026	£350	£315	2	10am-4.30pm daily	Good availability	A60
Chair 2 (must have attended Chair 1)						
October 18th & 19th	£350	£315	2	10am-4.30pm daily	4 spaces left	A60
February 28th - March 1st 2026	£350	£315	2	10am-4.30pm daily	Good availability	A60
Ladder Barrel						
November 9th	£200	£180	1	9.30am-4.30pm	3 spaces left	A30
March 22nd	£200	£180	1	9.30am-4.30pm	Good availability	A30
Super Saturday - a day packed with classes and studio sessions!						
November 8th				8am-5pm	Check availability	
Workshops						
Reformer Jumpboard Masterclass with Jacque Biggs						
September 12th (Friday)	£80	£72	0.5	10.30am-1pm	2 spaces left	A15
November 15th BELFAST			0.5	2pm-4pm	Fully booked	A15