ONLINE COLINE	EC 8 MODIVE	HOPS FOR BCPA MEMBERS	Time (UK)	Total Hours	Planned Tutor	Fees £	F 6		CPD Points
as at 14/10/25	ES & WURKS	HOPS FOR BUPA INICIAIDERS	IIME (UK)	Total Hours	(tutors may change)	reest	Fees £ (Academy)		CPD Points
18th October	Saturday	Foam Roller	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder		,,	Fully booked	A30
18th October	Saturday	Pilates and Hypermobility: Foundation Day	10am-12.30pm & 2pm-4.30pm		Jane Simmonds & Mark Parfitt			Fully booked	A30
25th October	Saturday	Pilates and Mental Wellbeing	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Lorna Nicholson	£140	£126	5 spaces left	A30
28th October	Tuesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm		Rob Fisher (Prime First Aid)	£40	£40	Good availability	
31st October	Friday	Tom McCook MASTERCLASS with recording!	4pm-5.30pm	1.5 hrs	Tom McCook			2 spaces left	A15
1st November	Saturday	Joanne Elphinston 'Inspired by Spines' WORKSHOP	10am-1.30pm	3 hrs	Joanne Elphinson			Fully booked	A30
1st November	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	10am-12.30pm & 1pm-3.30pm	5 hrs	Karen Robb			Fully booked	A30
1st November	Saturday	Movement: Day 1 NOW WITH RECORDING! Movement: Day 2 NOW WITH RECORDING!	10am-12pm & 1.30pm-4pm		Nathan Gardner	£215	£193.50	2 spaces left	A60 (Days 182)
2nd November	Sunday		10am-12pm & 1.30pm-4pm		Nathan Gardner				
		SPECIAL OFFER! Book Movement starting 1/11 and Adaptations starting on 29	/11 for just £330 (Academy member	s £297). Savi	ng up to £100!! Karen Robb	See Special!			
2nd November	Sunday	Pilates and Breast Cancer Rehab: Programmes Day (must have done Foundation)	10am-12.30pm & 1pm-3.30pm			£140 £40	£126	1 space left	A30
5th November 7th November	Wednesday Friday	CPR Basic Life Support - 18 months certification Joanne Elphinston 'Inspired by Spines' WORKSHOP	9.30am-12.45pm 10am-1.30pm		Rob Fisher (Prime First Aid) Joanne Elphinson	±40	£40	New date! Fully booked	A30
8th November	Saturday	Pilates and Scoliosis: Day 1	10am-12.30pm & 2pm-4pm		Louise Tallis	£225	£202.50	1 space left	A60 (Days 182)
8th November	Saturday	Hypopressives for Pilates Teachers: Foundation Day	10am-12.30pm & 1.30-4pm		Abby Lord	£160	£144	1 space left	A30
atii ivoveilibei	Saturday	Hypopressives Speciall Book Foundation on 8/11 and Day 2 'Mobilise your Fa	cia' on 9/11 or any later date for ius	+ £295 (Acad	lemy members £265111	See Speciall	1144	1 space left	7.50
9th November	Sunday	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia	10am-12.30pm & 1.30-4pm	5 hrs	Abby Lord	£160	£144	1 space left	
9th November	Sunday	Pilates and Scoliosis: Day 2	10am-12.30pm & 1.30-4pm		Louise Tallis	1100	2244	2 space iere	
	Thursday	CPR Basic Life Support - 18 months certification	12pm-3,15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	New date!	
15th November		Pilates in Prostate Cancer - NEW COURSE!	10am-12.30pm & 1.30pm-4pm			£160	£144	Good availability	A30
	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	5.5 hrs	Sarah Warden	£140	£126	1 space left	A30
ZZSK NOVCIIIDCI	· · · · · · · · · · · · · · · · · · ·	Pregnancy Special! Book Preg 1 on 21/11 and Pregnancy 2 on 24/1 or a later d		s £200)!!		See Special!	LILO	2 space iere	7.50
22nd November	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm		Sarah Warden			Fully booked	A30
28th November		Ball (Gym Ball)	10am-12pm & 1pm-3pm	4 hrs	Jacquie Biggs	£125	£112.50	2 spaces left	A30
29th November	Saturday	Pilates and Hypermobility: Programmes Day (must have done Foundation) was 15/11	10am-12.30pm & 2pm-4.30pm	5 hrs	Jane Simmonds & Mark Parfitt	£145	£130.50	1 space left	A30
	Saturday	Pilates with the Band - three Sissel 2.5m bands (light, medium, strong) inc. (UK only)!	10am-12pm & 1pm-3pm	4 hrs	Sarah Warden	£125	£112.50	3 spaces left	A30
29th November		Ski Pilates Workshop	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Lorna Nicholson	£125	£112.50	5 spaces left	A30
29th November		Adaptations: Day 1 (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm		Nathan Gardner	£215	£193.50	Good availability	A60 (Days 182)
30th November		Adaptations: Day 2 (inc Workbooks Review)	10am-12pm & 1.30pm-3.30pm	4 hrs					,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,
5th December	Friday	Small Ball & Toning Circle	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	£125	£112.50	3 spaces left	A30
5th December	Friday	Pilates Considerations for Pre- & Post-Op Hip WORKSHOP	9.30am-12.30pm	3hrs	Kyle Blackburn	£110	£99	4 spaces left	A15
		Kyle's Kristmas Kracker!! Book both of Kyle's workshops on 5/12 for just £175	(Academy £157.50)						
5th December	Friday	Shoulder Pathology & how Pilates can help WORKSHOP	1.30pm-4.30pm	3hrs	Kyle Blackburn	£110	£99	4 spaces left	A15
6th December	Saturday	Exercise Strategies for Diastasis Recti with recording!	10am-1pm	3 hrs		£115	£103.50	4 spaces left	A15
2026									
10th January	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	5 hrs	Louise Tallis			Fully booked	A30
16th January	Friday	Foam Roller	10am-12pm & 1pm-3pm		Kate Hodder	£125	£112.50	Good availability	A30
16th January	Friday	Understanding Medical Conditions	10am-12.30pm & 1.30-3.30pm		Kyle Blackburn	£125	£112.50	New date!	A30
17th January	Saturday	Pilates for the Older Person: Day 1	10am-1pm & 2pm-4.30pm	5.5 hrs	Lorna Nicholson			Fully booked	A60 (Days 182)
18th January	Sunday	Pilates for the Older Person: Day 2	10am-1pm & 2pm-4pm	5 hrs	Lorna Nicholson				
23rd January	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	5.5 hrs	Lynne Robinson	£140	£126	New date!	A30
		Pregnancy Special! Book Preg 1 on 23/1 and Pregnancy 2 on 24/1 or a later da	te for just £230 (Academy members	£200)!!		See Special!			
24th January	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	5 hrs	Sarah Warden	£140	£126	New date!	A30
24th January	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm		Nathan Gardner	£140	£126	New date!	A30
		Performance Special! Book Performance on 24/1 and Runners on 31/1 or a la	ter date or Dancers on a later date for	or lust £230 ([Academy members £200)!!	See Special!			
30th January	Friday	Back4Good Low Back Pain: Day 1	10am-1pm & 2pm-4pm	5 hrs	Kyle Blackburn	£375	£337.50	5 spaces left	A90 (Days 1-3)
31st January	Saturday	Back4Good Low Back Pain: Day 2	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis				
31st January	Saturday	Pilates for Runners (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	4.5 hrs	Nathan Gardner	£140	£126	New date!	A30
1st February	Sunday	Back4Good Low Back Pain: Day 3	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis				
6th February	Friday	Matwork Certification Update Day	10am-12pm & 1.30pm-3pm	3.5hrs	Sarah Marks	£125	£112.50	Good availability	A30
6th February	Friday	Pilates for the Menopause: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Anna Anscombe	£225	£202.50	New date!	A60 (Days 182)
7th February	Saturday	Pilates for the Menopause: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden				
7th February	Saturday	Spine Corrector & Pilates Arc	10am-12.30pm & 1.30pm-4pm	5 hrs	Jacquie Biggs	£140	£126	Good availability	A30
		Buy a Balanced Body Pilates Arc for just £85 (excluding £15 UK p&p) when bo	oking for this course - saving approx	50%!					
13th February	Friday	Sacrolliac Joint Dysfunction & how Pilates can help WORKSHOP	9.30am-12.30pm	3hrs	Kyle Blackburn	£110	£99	New date!	A15
		Kyle Special!! Book both of Kyle's workshops on 13/2 for just £190 (Academy	£171)						
13th February	Friday	Pilates Approach to Mechanical Knee Pain WORKSHOP	1.30pm-4.30pm	3 hrs	Kyle Blackburn	£110	£99	New date!	A15
27th February	Friday	Precision of Movement for Teachers FIRST TIME ONLINE!	10am-12pm & 1.30pm-3pm	3.5 hours	Sarah Marks	£140	£126	New date!	A30
28th February	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	5 hrs	Louise Tallis	£140	£126	Good availability	A30
1st March	Sunday	Understanding Neurological Disorders and how Pilates can help	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Louise Tallis	£140	£126	New date!	A30
6th March	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	5.5 hrs	Lynne Robinson	£140	£126	New date!	A30
		Pregnancy Special! Book Preg 1 on 6/3 and Pregnancy 2 on 7/3 or a later date	for just £230 (Academy members £2	!00)!!		See Special!	!		
7th March	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	5 hrs	Sarah Warden	£140	£126	New date!	A30
7th March	Saturday	Movement: Day 1 NOW WITH RECORDING!	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner	£215	£193.50	Good availability	A60 (Days 18.2)
L		SPECIAL OFFER! Book Movement starting 7/3 and Adaptations starting on 21/	3 for just £330 (Academy members £	297). Saving	up to £100!!	See Special!			ļ
7th March	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	10am-12.30pm & 1pm-3.30pm	5 hrs	Karen Robb	£140	£126	New date!	A30
		Breast Cancer Rehab Special! Book Foundation on 07/03 and Programmes on	08/03 or later for just £240 (Academ	y members f	215)!!	See Special!			
8th March	Sunday	Pilates and Breast Cancer Rehab: Programmes Day (must have done Foundation)	10am-12.30pm & 1pm-3.30pm	5 hrs	Karen Robb	£140	£126	New date!	A30
8th March	Sunday	Movement: Day 2 NOW WITH RECORDING!	10am-12pm & 1.30pm-4pm		Nathan Gardner				1
21st March	Saturday	Adaptations: Day 1 (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	4 hrs	Nathan Gardner	£215	£193.50	New date!	A60 (Days 182)
21st March	Saturday	Pilates for the Older Person: Day 1	10am-1pm & 2pm-4.30pm	5.5 hrs	Lorna Nicholson	£225	£202.50	New date!	A60 (Days 1&2)
22nd March	Sunday	Pilates for the Older Person: Day 2	10am-1pm & 2pm-4pm	5 hrs	Lorna Nicholson				1
22nd March	Sunday	Adaptations: Day 2 (inc Workbooks Review)	10am-12pm & 1.30pm-3.30pm	4 hrs					l
17th April	Friday	Matwork Certification Update Day	10am-12pm & 1.30pm-3pm	3.5hrs	Sarah Marks	£125	£112.50	New date!	A30
18th April	Saturday	Small Ball & Toning Circle	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	£125	£112.50	New date!	A30
18th April	Saturday	Pilates and Scoliosis: Day 1	10am-12.30pm & 2pm-4pm		Louise Tallis	£225	£202.50	New date!	A60 (Days 182)
18th April	Saturday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	5.5 hrs	Lynne Robinson	£140	£126	New date!	A30
	L .	Pregnancy Special! Book Preg 1 on 18/4 and Pregnancy 2 on 19/4 or a later da	te for just £230 (Academy members	£200)!!		see special!			
19th April	Sunday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	5 hrs	Sarah Warden	£140	£126	New date!	A30
19th April	Sunday	Pilates and Scoliosis: Day 2	10am-12.30pm & 1.30-4pm	5 hrs	Louise Tallis				
19th April	Sunday	Matwork Certification Update Day	10am-12pm & 1.30pm-3pm		Sarah Marks	£125	£112.50	New date!	A30
	Saturday	Musculoskeletal Problems and how Pilates can help	10am-12.30pm & 1.30-3.30pm		Kyle Blackburn	£140	£126	New date!	A30
25th April	Saturday	Pilates and Hypermobility: Foundation Day	10am-12.30pm & 2pm-4.30pm	5 hrs	Jane Simmonds & Mark Parfitt	£145	£130.50	New date!	A30
25th April 25th April		Hypermobility SPECIAL! Book Foundation on 25/04 and Programmes on 30/05	or a future date for £250 (Academy	members £	225)!!	see Special!			
25th April		Back4Good Low Back Pain: Day 1	10am-1pm & 2pm-4pm		Kyle Blackburn	£375	£337.50	New date!	A90 (Days 1-3)
25th April 8th May	Friday			5 hrs	Louise Tallis		1		
25th April 8th May 9th May	Saturday	Back4Good Low Back Pain: Day 2	10am-1pm & 2pm-4pm						
25th April 8th May 9th May 10th May	Saturday Sunday	Back4Good Low Back Pain: Day 2 Back4Good Low Back Pain: Day 3	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis				
25th April 8th May 9th May 10th May 15th May	Saturday Sunday Friday	Back4Good Low Back Pain: Day 2 Back4Good Low Back Pain: Day 3 Title to be confirmed - Day 1 of 3 WORKSHOP with recording!	10am-1pm & 2pm-4pm 3pm-6pm	5 hrs 3hrs	Louise Tallis Cara Reeser & Jeremy Laverdure			Not open for booking	A60 (Days 1-3)
25th April 8th May 9th May 10th May 15th May 16th May	Saturday Sunday Friday Saturday	Back4Good Low Back Pain: Day 2 Back4Good Low Back Pain: Day 3 Title to be confirmed - Day 1 of 3 WORKSHOP with recording! Title to be confirmed - Day 2 of 3 WORKSHOP with recording!	10am-1pm & 2pm-4pm 3pm-6pm 3pm-6pm	5 hrs 3hrs 3hrs	Louise Tallis Cara Reeser & Jeremy Laverdure Cara Reeser & Jeremy Laverdure			Not open for booking	A60 (Days 1-3)
25th April 8th May 9th May 10th May 15th May 16th May 17th May	Saturday Sunday Friday Saturday Sunday	Back4Good Low Back Pain: Day 3 Back4Good Low Back Pain: Day 3 Title to be confirmed - Day 1 of 3 WORKSHOP with recording! Title to be confirmed - Day 2 of 3 Title to be confirmed - Day 3 of 3 WORKSHOP with recording!	10am-1pm & 2pm-4pm 3pm-6pm 3pm-6pm 3pm-6pm	5 hrs 3hrs 3hrs 3hrs	Louise Tallis Cara Reeser & Jeremy Laverdure Cara Reeser & Jeremy Laverdure Cara Reeser & Jeremy Laverdure			Not open for booking	
25th April 8th May 9th May 10th May 15th May 16th May	Saturday Sunday Friday Saturday Sunday	Back4Good Low Back Pain: Day 2 Back4Good Low Back Pain: Day 3 Title to be confirmed - Day 1 of 3 WORKSHOP with recording! Title to be confirmed - Day 2 of 3 WORKSHOP with recording!	10am-1pm & 2pm-4pm 3pm-6pm 3pm-6pm	5 hrs 3hrs 3hrs 3hrs	Louise Tallis Cara Reeser & Jeremy Laverdure Cara Reeser & Jeremy Laverdure Cara Reeser & Jeremy Laverdure	£145	£130.50	Not open for booking New date!	A60 (Days 1-3)
25th April 8th May 9th May 10th May 15th May 16th May 17th May 30th May External Assessm	Saturday Sunday Friday Saturday Sunday Sunday Saturday Saturday Sent Fees for Prince of Prince Princ	Back4Good Low Back Pain: Day 3 Back4Good Low Back Pain: Day 3 Title to be confirmed - Day 1 of 3 WORKSHOP with recording! Title to be confirmed - Day 2 of 3 Title to be confirmed - Day 3 of 3 WORKSHOP with recording!	10am-1pm & 2pm-4pm 3pm-6pm 3pm-6pm 3pm-6pm 10am-12.30pm & 2pm-4.30pm	5 hrs 3hrs 3hrs 3hrs 5 hrs	Louise Tallis Cara Reeser & Jeremy Laverdure Cara Reeser & Jeremy Laverdure Cara Reeser & Jeremy Laverdure Jane Simmonds & Mark Parfitt	£145	£130.50	Not open for booking New date!	

For insurance purposes you should take the Active IQ exam after attending these courses. Registration and assessment fees apply - see our 'Course Guide 2025' Section B for full details. Important changes to the 'Pilates for Children' course

important changes to the "vitates for Chindren Course
We no longer offer a Foundation Course ahead of the two tuition days. The content of that day is now self-study and will be sent to you ahead of the tuition weekend, which will start with a brief review of key 'Foundation Course' points.