

FACE TO FACE COURSES & WORKSHOPS	Fees	Academy Fees	Days	Times	Status	CPD
Schedule and availability correct as at 04/12/25						
Weekend unless stated. Venue is the Body Control Pilates Centre London unless stated.						
Matwork Evolution						
January 10th 2026			1	10am-4pm	Fully booked	A30
May 9th 2026	£150	£135	1	10am-4pm	New date!	A30
Intermediate Matwork						
December 6th & 7th			2	10am-4pm	Fully booked	A60
January 17th & 18th 2026	£310	£279	2	10am-4pm	4 spaces left	A60
March 7th & 8th 2026	£310	£279	2	10am-4pm	5 spaces left	A60
Advanced Matwork (must have attended Intermediate Mat)						
January 31st 2026	£185	£166.50	1	9.30am-5pm	2 spaces left	A30
April 18th 2026	£185	£166.50	1	9.30am-5pm	Good availability	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						
February 17th-22nd 2026 (Tuesday-Sunday) INTENSIVE			6	10am-4.30pm daily	Fully booked	A120
March 13th-March 15th & March 20th-22nd (both Friday to Sunday) GLASGOW - TWO BLOCKS	£1,100	£990	6	10am-4.30pm daily	Good availability	A120
April 24th-26th; May 8th-10th (both Friday to Sunday) TWO BLOCKS			6	10am-4.30pm daily	Fully booked	A120
May 15th-17th; May 29th-31st (both Friday to Sunday) TWO BLOCKS	£945	£850	6	10am-4.30pm daily	New date!	A120
August 4th-9th (Tuesday-Sunday) SUMMER INTENSIVE - ADVANCE NOTICE!	£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 as advised) (must have attended Reformer 1 tuition)						
new dates in planning	£50	£45	0.5	10am-2pm		A15
Reformer Review & Exam Prep Day (must have attended Reformer 1 tuition modules)						
December 12th			1	10am-3.30pm	Fully booked	A30
January 10th 2026	£100	£90	1	10am-3.30pm	4 spaces left	A30
February 27th 2026	£100	£90	1	10am-3.30pm	New date!	A30
May 22nd 2026	£100	£90	1	10am-3.30pm	New date!	A30
Reformer exams? Contact Ella Porter for more info!						
Reformer Group Teaching Skills & Certification Course NEW COURSE! (must have BCP Reformer certification)						
January 30th 2026 (Friday)	£200	£180	1	10am-3.30pm	Good availability	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						
January 23rd 2026 (Friday)	£150	£135		10am-4pm	4 spaces left	A30
Reformer 2: Advanced (must have Reformer certification)						
March 28th-29th & April 18th-19th 2026	£650	£585	4	10am-4.30pm daily	Good availability	A100
May 16th-17th & May 30th-31st 2026 BOURNEMOUTH	£725	£650	4	10.30am-5pm daily	New date!	A100
Reformer Bridging (for those with Reformer certification from another provider)						
February 21st & 22nd 2026 BOURNEMOUTH	£450	£405	2	10.30am-5pm daily	3 spaces left	A60
February 28th & March 1st 2026	£400	£360	2	10am-4.30pm daily	4 spaces left	A60
June 6th & 7th 2026	£400	£360	2	10am-4.30pm daily	New date!	A60
Cadillac 1: Beginners (must have attended Reformer 1)						
January 24th & 25th 2026			2	10am-4.30pm daily	Fully booked	A60
April 9th & 10th 2026 (Thursday/Friday) 'Easter Special' - see below			2	10am-4.30pm daily	Fully booked	A60
May 1st & 2nd (Friday/Saturday)	£350	£315	2	10am-4.30pm daily	New date!	A60
July 30th & 31st 2026 Part of 'Comprehensive Studio Summer School' - see below	£350	£315	2	10am-4.30pm daily	3 spaces left	A60
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	3 spaces left	A60
August 1st & 2nd 2026 Part of 'Comprehensive Studio Summer School' - see below	£350	£315	2	10am-4.30pm daily	3 spaces left	A60
Cadillac 3: Advanced (must have attended Cadillac 2)						
November 22nd	£200	£180	1	10am-4.30pm	3 spaces left	A30
May 16th 2026	£200	£180	1	10am-4.30pm	Good availability	A30
Chair 1						
February 7th & 8th 2026			2	10am-4.30pm daily	Fully booked	A60
March 14th & 15th 2026	£350	£315	2	10am-4.30pm daily	2 spaces left	A60
July 27th & 28th 2026 Part of 'Comprehensive Studio Summer School' - see below	£350	£315	2	10am-4.30pm daily	3 spaces left	A60
Chair 2 (must have attended Chair 1)						
February 28th - March 1st 2026	£350	£315	2	10am-4.30pm daily	Good availability	A60
Ladder Barrel						
March 22nd	£200	£180	1	9.30am-4.30pm	3 spaces left	A30
July 29th 2026 Part of 'Comprehensive Studio Summer School' - see below	£200	£180	1	9.30am-4.30pm	4 spaces left	A30
Comprehensive Studio Summer School						
Book any 2 courses and save 10% on what you would normally pay; any 3 courses and save 15%; all 4 courses and save 20%						
All Summer School courses can be booked on an individual basis						
Cadillac 1: Beginners (must have attended Reformer 1)						
July 30th & 31st 2026	£350	£315	2	10am-4.30pm daily	3 spaces left	A60
Cadillac 2: Int/Advanced (must have attended Cadillac 1)						
August 1st & 2nd 2026	£350	£315	2	10am-4.30pm daily	4 spaces left	A60
Chair 1						
July 27th & 28th 2026	£350	£315	2	10am-4.30pm daily	4 spaces left	A60
Ladder Barrel						
July 29th 2026	£200	£180	1	9.30am-4.30pm	Good availability	A30
Workshops & Masterclasses						
Understanding the Anatomy of Movement with James Earls						
March 7th & 8th 2026	£330	£297	2	9.30/10am-4.30pm daily	6 spaces left	A60