

Online Courses & Workshops For BCPA Members 2026				Time (UK)	Total Hours	Planned Tutor	Fees £	Fees £		CPD Points
As at 08/12/25						(tutors may change)		(Academy)		
8th January	Thursday	CPR Basic Life Support - 18 months certification		9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	5 spaces left	
10th January	Saturday	Pilates for Bone Health		10am-12.30pm & 1.30pm-4pm	5 hrs	Louise Tallis			Fully booked	A30
14th January	Wednesday	CPR Basic Life Support - 18 months certification		9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	Good availability	
16th January	Friday	Foam Roller		10am-12pm & 1pm-3pm	4 hrs	Kate Hodder			Fully booked	A30
16th January	Friday	Understanding Medical Incidents		10am-12.30pm & 1.30-3.30pm	4.5hrs	Kyle Blackburn	£125	£112.50	1 space left	
17th January	Saturday	Pilates with the Band (incl 4 Sissel bands UK only). Exercise recording post-course!		10am-12pm & 1pm-3pm	4 hrs	Sarah Warden	£140	£126.00	5 spaces left	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 1&2)
18th January	Sunday	Pilates for the Older Person: Day 2		10am-1pm & 2pm-4pm	5 hrs	Lorna Nicholson				
18th January	Sunday	Standing Pilates		10am-12pm & 1pm-3pm	4 hrs	Kathy King	£115	£99	2 spaces left	A30
20th January	Tuesday	CPR Basic Life Support - 18 months certification		12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	Good availability	
23rd January	Friday	Pregnancy 1		10am-12.30pm & 1.30pm-4.30pm	5.5 hrs	Lynne Robinson	£140	£126	5 spaces left	A30
Pregnancy Special! Book Preg 1 on 23/1 and Pregnancy 2 on 31/1 or a later date for just £230 (Academy members £200)!!							See Special!!			
24th January	Saturday	Pilates for Performance		10am-12.30pm & 2pm-4pm	4.5 hrs	Nathan Gardner	£140	£126	5 spaces left	A30
Performance Special! Book Performance on 24/1 and Runners on 31/1 or a later date or Dancers on a later date for just £230 (Academy members £200)!!							See Special!!			
24th January	Saturday	Hypopressives for Pilates Teachers: Foundation Day		10am-12.30pm & 1.30-4pm	5 hrs	Abby Lord	£160	£144	Good availability	A30
Hypopressives Special! Book Foundation on 24/1 and Day 2 'Mobilise your Fascia' on 25/1 or any later date for just £295 (Academy members £265)!!							See Special!!			
25th January	Sunday	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia		10am-12.30pm & 1.30-4pm	5 hrs	Abby Lord	£160	£144	Good availability	A30
28th January	Wednesday	CPR Basic Life Support - 18 months certification		9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	Good availability	
30th January	Friday	Back4Good Low Back Pain: Day 1		10am-1pm & 2pm-4pm	5 hrs	Kyle Blackburn			Fully booked	A60 (Days 1-3)
31st January	Saturday	Back4Good Low Back Pain: Day 2		10am-1pm & 2pm-4pm	5 hrs	Louise Tallis				
31st January	Saturday	Pregnancy 2 (must have done Pregnancy 1)		10am-12.30pm & 1.30pm-4pm	5 hrs	Louah Warden	£140	£126	2 spaces left	A30
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	Good availability	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 1		10am-12pm & 1.30pm-3pm	3.5hrs	Sarah Marks	£125	£112.50	4 spaces left	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	4 spaces left	A60 (Days 1&2)
7th February	Saturday	Pilates for the Menopause: Day 2		10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden				
7th February	Saturday	Pilates for Swimmers		10am-1pm	3hrs	Jenny Tyler	£100	£90	Good availability	A15
7th February	Saturday	Spine Corrector & Pilates Arc		10am-12.30pm & 1.30pm-4pm	5 hrs	Jacque Biggs	£140	£126	1 space left	
Buy a Balanced Body Pilates Arc for just £85 (excluding £15 UK p&g) when booking for this course - saving approx 50%!!										
12th February	Thursday	CPR Basic Life Support - 18 months certification		12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	Good availability	
13th February	Friday	Sacroiliac Joint Dysfunction & how Pilates can help		9.30am-12.30pm	3hrs	Kyle Blackburn	£110	£99	1 space left	A15
13th February	Friday	Pilates Approach to Mechanical Knee Pain		1.30pm-4.30pm	3 hrs	Kyle Blackburn			Fully booked	A15
14th February	Saturday	Ball (Gym Ball)		10am-12pm & 1pm-3pm	4 hrs	Jacque Biggs	£125	£112.50	Good availability	A30
18th February	Wednesday	CPR Basic Life Support - 18 months certification		9.30am-12.45pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	Good availability	
20th February	Friday	Foam Roller		10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	£125	£112.50	4 spaces left	A30
21st February	Saturday	Pilates for Children & Adolescents: Day 1 (see note in footer)		10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden	£245	£220.50	Good availability	A60 (Days 1&2)
22nd February	Sunday	Pilates for Children & Adolescents: Day 2		10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden				
24th February	Tuesday	CPR Basic Life Support - 18 months certification		12pm-3.15pm	3 1/4 hrs	Rob Fisher (Prime First Aid)	£40	£40	Good availability	
27th February	Friday	Precision of Movement for Teachers FIRST TIME ONLINE!		10am-12pm & 1.30pm-3pm	3.5 hours	Sarah Marks	£140	£126	1 space left	A30
28th February	Saturday	Pilates for Bone Health		10am-12.30pm & 1.30pm-4pm	5 hrs	Louise Tallis			Fully booked	A30
1st March	Sunday	Understanding Neurological Disorders and how Pilates can help		10am-12.30pm & 1.30pm-3.30pm	4.5 hrs	Louise Tallis	£140	£126	1 space left	A30
7th March	Saturday	Movement: Day 1		10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner	£215	£193.50	4 spaces left	A60 (Days 1&2)
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!!			
7th March	Saturday	Pilates and Breast Cancer Rehab: Foundation Day		10am-12.30pm & 1pm-3.30pm	5 hrs	Karen Robb	£140	£126	2 spaces left	A30
Breast Cancer Rehab Special! Book Foundation on 07/3 and Programmes on 08/3 or later for just £240 (Academy members £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	2 spaces left	A30
8th March	Sunday	Movement: Day 2		10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner				
20th March	Friday	Tom McCook MASTERCLASS live from California - with recording!		4pm-5.30pm	1.5 hrs	Tom McCook	£40	£36	New date!	A15
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 1&2)
21st March	Saturday	Pilates for the Older Person: Day 1		10am-1pm & 2pm-4.30pm	5.5 hrs	Lorna Nicholson	£225	£202.50	Good availability	A60 (Days 1&2)
22nd March	Sunday	Pilates for the Older Person: Day 2		10am-1pm & 2pm-4pm	5 hrs	Lorna Nicholson				
22nd March	Sunday	Adaptations: Day 2 (inc Workbooks Review)		10am-12pm & 1.30pm-3.30pm	4 hrs					
27th March	Friday	Exercise Strategies for Diastasis Recti WITH RECORDING!		10am-1pm	3 hrs	Sarah Warden	£115	£103.50	New date!	A15
28th March	Saturday	Pilates for Bone Health		10am-12.30pm & 1.30pm-4pm	5 hrs	Louise Tallis	£140	£126	New date!	A30
28th March	Saturday	Pilates for Golfers		10am-12.30pm & 1.30pm-3pm	4.5 hrs	Jenny Tyler	£125	£112.50	Good availability	A30
10th April	Friday	Wendy Leblanc's 'Abuckle...to the Core' WORKSHOP live from Austin, Texas		10am-12pm & 1.30pm-3pm	4 hrs	Wendy Leblanc-Arbuckle	£115	£112.50	Good availability	A15
17th April	Friday	Matwork Certification Update Day 2		10am-12pm & 1.30pm-3pm	3.5 hrs	Sarah Marks	£125	£112.50	Limited availability	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	4 hrs	Louise Tallis	£225	£202.50	Good availability	A60 (Days 1&2)
18th April	Saturday	Pregnancy 1		10am-12.30pm & 1.30pm-4.30pm	5.5 hrs	Lynne Robinson	£140	£126	Good availability	A30
Pregnancy Special! Book Preg 1 on 18/4 and Pregnancy 2 on 19/4 or a later date 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	Good availability	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 2		10am-12pm & 1.30pm-3pm	3.5hrs	Sarah Marks	£125	£112.50	Limited availability	A30
25th April	Saturday	Musculoskeletal Problems and how Pilates can help		10am-12.30pm & 1.30-3.30pm	4.5 hrs	Kyle Blackburn	£140	£126	New date!	A30
25th April	Saturday	Pilates and Hypertombility: Foundation Day		10am-12.30pm & 2pm-4.30pm	5 hrs	Jane Simmonds & Mark Parfitt	£145	£130.50	New date!	A30
Hypermobility Special! Book Foundation on 25/04 and Programmes on 30/05 or a future date for £250 (Academy members £225)!!							See Special!!			
8th May	Friday	Back4Good Low Back Pain: Day 1		10am-1pm & 2pm-4pm	5 hrs	Kyle Blackburn	£375	£337.50	New date!	A60 (Days 1-3)
9th May	Saturday	Back4Good Low Back Pain: Day 2		10am-1pm & 2pm-4pm	5 hrs	Louise Tallis				
9th May	Saturday	Hypopressives for Pilates Teachers: Foundation Day		10am-12.30pm & 1.30-4pm	5 hrs	Abby Lord	£160	£144	New date!	A30
Hypopressives Special! Book Foundation on 9/5 and Day 2 'Mobilise your Fascia' on 10/5 or any later date for just £295 (Academy members £265)!!							See Special!!			
10th May	Sunday	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia		10am-12.30pm & 1.30-4pm	5 hrs	Abby Lord	£160	£144	New date!	A30
10th May	Sunday	Back4Good Low Back Pain: Day 3		10am-1pm & 2pm-4pm	5 hrs	Louise Tallis				
15th May	Friday	Title to be confirmed - Day 1 of 3 WORKSHOP with recording!		3pm-6pm	3hrs	Cara Rees & Jeremy Laverdure			Not open for booking	A60 (Days 1-3)
16th May	Saturday	Title to be confirmed - Day 2 of 3 WORKSHOP with recording!		10am-1pm	3hrs	Cara Rees & Jeremy Laverdure				
16th May	Saturday	Reformer for Pre- & Postnatal Clients (must be Reformer, Pregnancy qualified)		10am-1pm	3hrs	Sarah Warden	£115	£103.50	New date!	A15
17th May	Sunday	Title to be confirmed - Day 3 of 3 WORKSHOP with recording!		3pm-6pm	3hrs	Cara Rees & Jeremy Laverdure				
30th May	Saturday	Pilates and Hypertombility: Programmes Day (must have done Foundation) was 15/1!		10am-12.30pm & 2pm-4.30pm	5 hrs	Jane Simmonds & Mark Parfitt	£145	£130.50	New date!	A30
External Assessment Fees for Pregnancy, Bone Health, Older Person, Children courses										
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 8 for full details.										
Important changes to the 'Pilates for Children' 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.										