

New!
'Fabulous Friday' on 20th March 2026!

Our 'Super Saturdays' have been a huge success so, leading on from these, we have now added a brand-new 'Fabulous Friday'!

It will take place on Friday 20th March 2026 at The Body Control Pilates Centre in London. It's always so good to see so many of you at the studio and it really is becoming a regular Body Control Pilates community event!

'Fabulous Friday' will be another full day of Pilates classes and sessions taught by our tutors and senior teachers. It's a fun-packed but challenging and educational day, and we hope you can make it. You can book as many classes/sessions as you like, so just pop in or stay for the day! Classes do fill up so book as soon as you can....

The day runs from 9.15am to 5pm and has 24 sessions to choose from, all led by our amazing team of teachers: ***Bridget Montague, Brenda Nassali-Liston, Charlie Savage, Danai Pappa, Hayley Towler, Hernan Castro-Vidal, Jacquie Biggs, Jazzi Craddock, Kate Hodder, Paul Howse, Melanie Christou, Sam Armstrong, Sarah-Louise Warden, Valentina Fruzzetti.***

See Teacher Profiles at <https://www.bodycontrolpilates.com/our-london-studio/teacher-profiles/>

Alongside a full day of Body Control Pilates Reformer and Matwork Teacher Classes, Studio Sessions will also be running in Studio 1 throughout the day.

To book and pay:

Please give our team a call on 0207 636 8900 (9.30am – 4.30pm weekdays) to pay by card. Please contact us for our bank details and please make sure that you include the class code(s) as a reference. If any of your choices are full, we'll get in touch with other options or credit you.

We must receive your payment before we can book you in.

All classes/sessions carry 5 List A CPD Points each.

Venue: Body Control Pilates Centre, 35 Little Russell Street, London, WC1A 2HH

Remember that, if you are a Body Control Pilates Academy Member, you gain a 10-15% discount on these class prices. Please contact us directly if using credit (excludes Professional Development package credit). Please note that you can use your Education Season Ticket.

Matwork Classes

10-12 participants maximum

£20 per class

M1 9.30am – 10.30am Foam Roller Class with Jazzi Craddock

Start the day releasing tension and decompressing with a foam roller class. Leave feeling lighter, looser and refreshed for the day ahead. Suitable for all levels.

M2 9.30am - 10.30am Stretch Pilates with Danai Pappa

Start off your day with a full body stretch class that will help you feel invigorated, improve resilience and feel freer & stronger. Suitable for all levels.

M3 10.45am - 11.45am The Art of Balancing with Danai Pappa

Explore the dynamic nature of balancing. Train your physical and mental presence in the moment so you improve your strength and balance skills. Suitable for all levels.

M4 10.45am – 11.45am Intermediate/Advanced Mat Class with Sarah-Louise Warden

This is a flowing class set at a dynamic pace with the aim to challenge you, the class will give you some fun variations with a movement focus. Intermediate/Advanced Level.

M5 12pm -1pm Move with Kate Hodder!

A full body Mat class moving through all planes. Suitable for all levels

M6 12pm - 1pm Master Mat Class with Charlie Savage

A balanced, flowing class looking at less linear ways of moving, enjoying spirals and expanding our knowledge. Suitable for all levels

M7 1.15pm – 2.15pm Master Mat Class with Sam Armstrong

A class exploring working from the Periphery to the centre and using the centre of gravity to transition all our movements. For those with no hip impingements. Suitable for all levels

M8 1.15pm – 2.15pm Knead to Release with Brenda Nassali-Liston

A Massage Ball class that is suitable for all levels.

M9 2.30pm - 3.30pm Get in the Zone with Paul Howse

Paul will take you through a series of flowing movements and dynamic stretches leaving your body feeling released and relaxed. Suitable for all levels

M10 2.30pm - 3.30pm Small Ball & Toning Circle class with Kate Hodder

This class will be challenging stability and exploring ROM. Suitable for all levels

M11 3.45pm – 4.45pm Master Mat Class with Sam Armstrong (Repeat of M7)

A class exploring working from the Periphery to the centre and using the centre of gravity to transition all our movements. For those with no hip impingements. Suitable for all levels

M12 3.45pm- 4.45pm Pilates Weights and Resistance with Hayley Towler

A class with light hand weights and resistance training for a full-body, strength and stamina focused class. Hayley is a bone-health qualified teacher. Suitable for all levels

Reformer Classes

9 participants maximum

£25 per class

R1 9.45am - 10.45am Reformer Essentials with Charlie Savage

For those new to the Reformer or who would like a refresher! Suitable for all levels

R2 11am – 12pm Playful Reformer with Melanie Christou

We will thread familiar mat movements into the Reformer repertoire for a fresh take- the intention is for a playful and dynamic class! Suitable for all levels

R3 12.15pm – 1.15pm Balance, Vision & Proprioception with Sarah-Louise Warden

A functional class linking vision, vestibular cues, and proprioceptive feedback. The exercises will include gaze direction, unstable surfaces, and spring-loaded resistance to fine-tune balance responses and improve body awareness. Great for movement efficiency and enhancing motor control. All Levels with Reformer experience.

R4 1.30pm – 2.30pm Stretch & Align Reformer class with Valentina Fruzzetti

A Reformer Stretch & Align class designed to lengthen muscles, release tension, and improve mobility. Using the support of the Reformer, you'll move through deep stretches and restorative flows that leave the body feeling open and balanced. Suitable for all levels

R5 2.45pm - 3.45pm Building blocks with Jacquie Biggs

In this Intermediate Reformer class we will look at the building blocks for progressing towards some of the more advanced Reformer exercises. Reformer experience required.

R6 4pm - 5pm Reform to Restore with Bridget Montague

Explore ways to use the Reformer to relax, recharge and refresh your body and mind. Suitable for all levels.

Studio Sessions

Enjoy an hour's circuit on the full range of equipment including Cadillac, Reformer, Chair and Ladder Barrel under the supervision of two Comprehensive or Master Studio teachers. Please see the timetable below for who will be supervising each session.

Suitable for all levels even if you are new to the equipment.

£20 per session; 6 participants maximum per hour.

S1	9.45am - 10.45am	with Melanie Christou & Hernan Castro-Vidal
S2	11am - 12pm	with Jazzi Craddock & Hernan Castro-Vidal
S3	12.15pm - 1.15 pm	with Jazzi Craddock & Paul Howse
S4	1.30pm - 2.30pm	with Jacquie Biggs & Charlie Savage
S5	2.45pm - 3.45pm	with Bridget Montague & Valentina Fruzzetti
S6	4pm - 5pm with	Sarah-Louise Warden & Paul Howse

Cancellation Policy

If you cancel by Friday 13th March 2026 you will receive a credit refund for use on classes or courses.