

FACE TO FACE COURSES & WORKSHOPS: 2026	Fees	Academy Fees	Days	Times	Status	CPD
<i>Schedule and availability correct as at 29/01/26</i>						
<i>Weekend unless stated. Venue is the Body Control Pilates Centre London unless stated.</i>						
Matwork Evolution						
May 9th	£150	£135	1	10am-4pm	Good availability	A30
August 13th (Thursday) Part of Matwork Summer School (see below)	£150	£135	1	10am-4pm	New date!	A30
Intermediate Matwork						
March 7th & 8th			2	10am-4pm	Fully booked	A60
May 22nd & 23rd (Friday/Saturday)	£310	£279	2	10am-4pm	Good availability	A60
August 14th & 15th (Friday/Sat) Part of Matwork Summer School (see below)	£310	£279	2	10am-4pm	New date!	A60
Advanced Matwork (must have attended Intermediate Mat)						
January 31st	£185	£166.50	1	9.30am-5pm	3 spaces left	A30
April 18th	£185	£166.50	1	9.30am-5pm	Good availability	A30
August 16th (Sunday) Part of Matwork Summer School (see below)	£185	£166.50	1	9.30am-5pm	New date!	A30
Spine Corrector & Pilates Arc - buy a Pilates Arc for just £85 when attending this course (p&p £15 extra if shipping!)						
June 6th	£160	£144	1	10am-4.30pm	New date!	A30
Reformer 1: Beginners/Intermediate						
February 17th-22nd (Tuesday-Sunday) INTENSIVE			6	10am-4.30pm daily	Fully booked	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	Good availability	A120
August 4th-9th (Tuesday-Sunday) SUMMER INTENSIVE - ADVANCE NOTICE!	£945	£850	6	10am-4.30pm daily	Good availability	A120
<i>Reformer exam costs £190 and is payable when you book it. Contact Ella Porter for more info.</i>						
Reformer Supervised Teaching Workshop (& Self-Practice Session as advised) (must have attended Reformer 1 tuition)						
February 1st	£50	£45	0.5	10am-2pm	4 spaces left	A15
March 6th (Friday)	£50	£45	0.5	10am-2pm	Good availability	A15
Reformer Review & Exam Prep Day (must have attended Reformer 1 tuition modules)						
February 27th	£100	£90	1	10am-3.30pm	3 spaces left	A30
May 22nd	£100	£90	1	10am-3.30pm	Good availability	A30
<i>Reformer exams? Contact Ella Porter for more info!</i>						
Reformer Group Teaching Skills & Certification Course NEW COURSE! (must have BCP Reformer certification)						
June 13th	£200	£180	1	10am-3.30pm	New date!	A30
Reformer Update Day (for Reformer 1 students still to qualify and Reformer teachers)						
<i>new date in planning</i>	£160	£144	1	10am-4pm		A30
Reformer Evolution						
<i>new date in planning</i>	£150	£135		10am-4pm		A30
Reformer 2: Advanced (must have Reformer certification)						
March 28th-29th & April 18th-19th	£650	£585	4	10am-4.30pm daily	2 spaces left	A100
May 16th-17th & May 30th-31st BOURNEMOUTH	£725	£650	4	10.30am-5pm daily	Good availability	A100
July 4th-5th & July 18th-19th	£650	£585	4	10am-4.30pm daily	New date!	A100
Reformer Bridging (for those with Reformer certification from another provider)						
February 21st & 22nd BOURNEMOUTH	£450	£405	2	10.30am-5pm daily	2 spaces left	A60
February 28th & March 1st	£400	£360	2	10am-4.30pm daily	2 spaces left	A60
June 6th & 7th	£400	£360	2	10am-4.30pm daily	Good availability	A60
Cadillac 1: Beginners (must have attended Reformer 1)						
April 9th & 10th (Thursday/Friday)			2	10am-4.30pm daily	Fully booked	A60
May 1st & 2nd (Friday/Saturday)	£350	£315	2	10am-4.30pm daily	Fully booked	A60
June 20th & 21st	£350	£315	2	10am-4.30pm daily	New date!	A60
July 30th & 31st Studio Summer School	£350	£315	2	10am-4.30pm daily	Fully booked	A60
Cadillac 2: Int/Advanced (must have attended Cadillac 1)						
April 11th & 12th	£350	£315	2	10am-4.30pm daily	Fully booked	A60
June 27th & 28th	£350	£315	2	10am-4.30pm daily	New date!	A60
August 1st & 2nd Studio Summer School			2	10am-4.30pm daily	Fully booked	A60
Cadillac 3: Advanced (must have attended Cadillac 2)						
May 16th	£200	£180	1	10am-4.30pm	Good availability	A30
Chair 1						
February 7th & 8th			2	10am-4.30pm daily	Fully booked	A60
March 14th & 15th			2	10am-4.30pm daily	Fully booked	A60
June 6th & 7th	£350	£315	2	10am-4.30pm daily	New date!	A60
July 27th & 28th Studio Summer School			2	10am-4.30pm daily	Fully booked	A60
Chair 2 (must have attended Chair 1)						
February 28th - March 1st	£350	£315	2	10am-4.30pm daily	4 spaces left	A60
June 13th-14th	£350	£315	2	10am-4.30pm daily	New date!	A60
Ladder Barrel						
March 22nd	£200	£180	1	9.30am-4.30pm	3 spaces left	A30
July 29th Studio Summer School	£200	£180	1	9.30am-4.30pm	2 spaces left	A30
Matwork Summer School						
<i>Book any 2 courses and save 10% on what you would normally pay; book all 3 courses and save 15%</i>						
<i>All Summer School courses can be booked on an individual basis at the regular price</i>						
Matwork Evolution						
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Intermediate Matwork						
August 14th & 15th (Friday/Sat) Part of Matwork Summer School (see below)	£310	£279	2	10am-4pm	New date!	A60
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August 16th (Sunday) Part of Matwork Summer School (see below)	£185	£166.50	1	9.30am-5pm	New date!	A30
Workshops & Masterclasses						
Understanding the Anatomy of Movement with James Earls						
March 7th & 8th			2	9.30/10am-4.30pm daily	Fully booked	A60