

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>							
<b>Matwork Evolution</b>							
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
<b>Intermediate Matwork</b>							
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
<b>Advanced Matwork</b> (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
<b>Spine Corrector &amp; Pilates Arc</b> - 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
<b>Reformer 1: Beginners/Intermediate</b>							
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>							
<b>Reformer Supervised Teaching Workshop (&amp; Self-Practice Session as advised)</b> (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
<b>Reformer Review &amp; Exam Prep Day</b> (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>							
<b>Reformer Group Teaching Skills &amp; Certification Course</b> <b>NEW COURSE!</b> (must have BCP Reformer certification)							
June 13th		£200	£180	1	10am-3.30pm	New date!	A30
<b>Reformer Update Day</b> (for Reformer 1 students still to qualify and Reformer teachers)							
new date in planning		£160	£144	1	10am-4pm		A30
<b>Reformer Evolution</b>							
new date in planning		£150	£135		10am-4pm		A30
<b>Reformer 2: Advanced</b> (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
<b>Reformer Bridging</b> (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
<b>Cadillac 1: Beginners</b> (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
<b>Cadillac 2: Int/Advanced</b> (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
<b>Cadillac 3: Advanced</b> (must have attended Cadillac 2)							
May 16th		£200	£180	1	10am-4.30pm	Good availability	A30
<b>Chair 1</b>							
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
<b>Chair 2</b> (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
<b>Ladder Barrel</b>							
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
<b>Matwork Summer School</b>							
<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>							
<b>Matwork Evolution</b>							
August 13th (Thursday)	Part of Matwork Summer School (see below)	£150	£135	1	10am-4pm	New date!	A30
<b>Intermediate Matwork</b>							
August 14th & 15th (Friday/Sat)	Part of Matwork Summer School (see below)	£310	£279	2	10am-4pm	New date!	A60
<b>Advanced Matwork</b> (must have attended Intermediate Mat)							
August 16th (Sunday)	Part of Matwork Summer School (see below)	£185	£166.50	1	9.30am-5pm	New date!	A30
<b>Workshops &amp; Masterclasses</b>							
<b>Understanding the Anatomy of Movement with James Earls</b>							
March 7th & 8th				2	9.30/10am-4.30pm daily	Fully booked	A60