

ONLINE COURSES & WORKSHOPS FOR BCPA MEMBERS 2026		Time (UK)	Total Hours	Planned Tutor	Fees £	Fees £	CPD Points	
as at 12/01/26				(tutors may change)		(Academy)		
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	4 spaces left
16th January	Friday	Foam Roller	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder			Fully booked
16th January	Friday	Understanding Medical Conditions	10am-12.30pm & 1.30-3.30pm	4.5hrs	Kyle Blackburn	£125	£112.50	1 space left
17th January	Saturday	Pilates with the Band - inc 4 5mmel bands (UK only). Exercise recording post-course!	10am-12pm & 1pm-3pm	4 hrs	Sarah Warden			Fully booked
17th January	Saturday	Pilates for the Older Person: Day 1	10am-1pm & 2pm-4.30pm	5.5 hrs	Lorna Nicholson			Fully booked
18th January	Sunday	Pilates for the Older Person: Day 2	10am-1pm & 2pm-4pm	5 hrs	Lorna Nicholson			Fully booked
18th January	Sunday	Standing Pilates	10am-12pm & 1pm-3pm	4 hrs	Kathy King			Fully booked
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	1 space left
		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	3 spaces left
		Performance Special! Book Performance on 24/1 and Runners on 31/1 or a later date or Danzers 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
		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
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
31st January	Saturday	Back4Good Low Back Pain: Day 2	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis			Fully booked
31st January	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	5 hrs	Sarah Warden	£140	£126	2 spaces left
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
1st February	Sunday	Back4Good Low Back Pain: Day 3	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis			Fully booked
6th February	Friday	Matwork Certification Update Day	10am-12pm & 1.30pm-3pm	3.5hrs	Sarah Marks	£125	£112.50	4 spaces left
6th February	Friday	Pilates for the Menopause: Day 1	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Anna Ancombe	£225	£202.50	4 spaces left
7th February	Saturday	Pilates for the Menopause: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden			Fully booked
7th February	Saturday	Pilates for Swimmers	10am-1pm	3hrs	Jenny Tyler	£100	£90	Good availability
7th February	Saturday	Spine Corrector & Pilates Arc	10am-12.30pm & 1.30pm-4pm	5 hrs	Jacque Biggs			Fully booked
		Buy a Balanced Body Pilates Arc for just £85 (excluding £15 UK p&p) when booking for this course - saving approx 50%! Subject to availability						
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
13th February	Friday	Pilates Approach to Mechanical Knee Pain	1.30pm-4.30pm	3 hrs	Kyle Blackburn			Fully booked
14th February	Saturday	Ball (Gym Ball)	10am-12pm & 1pm-3pm	4 hrs	Jacque Biggs	£125	£112.50	Good availability
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
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
22nd February	Sunday	Pilates for Children & Adolescents: Day 2	10am-12.30pm & 1.30-3.30pm	4.5 hrs	Sarah Warden			Good availability
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 Pilates Teachers - FIRST TIME ONLINE!	10am-12pm & 1.30pm-3pm	3.5 hours	Sarah Marks	£140	£126	1 space left
28th February	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	5 hrs	Louise Tallis			Fully booked
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
7th March	Saturday	Movement: Day 1	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner	£215	£193.50	4 spaces left
		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
		Breast Cancer Rehab Special! Book Foundation on 07/03 and Programmes on 08/03 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
8th March	Sunday	Movement: Day 2	10am-12pm & 1.30pm-4pm	4.5 hrs	Nathan Gardner			Fully booked
20th March	Friday	Tom McCook: Creating a Balance	4pm-5.30pm	1.5 hrs	Tom McCook	£40	£36	New date!
21st March	Saturday	Adaptations: Day 1 (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	4 hrs	Nathan Gardner	£215	£193.50	4 spaces left
21st March	Saturday	Pilates for the Older Person: Day 1	10am-1pm & 2pm-4.30pm	5.5 hrs	Lorna Nicholson	£225	£202.50	5 spaces left
22nd March	Sunday	Pilates for the Older Person: Day 2	10am-1pm & 2pm-4pm	5 hrs	Lorna Nicholson			Fully booked
22nd March	Sunday	Adaptations: Day 2 (inc Workbooks Review)	10am-12pm & 1.30pm-3.30pm	4 hrs				Fully booked
27th March	Friday	Exercise Strategies for Diastasis Recti	10am-1pm	3 hrs	Sarah Warden	£115	£103.50	New date!
28th March	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	5 hrs	Louise Tallis	£140	£126	Good availability
28th March	Saturday	Pilates for Golfers	10am-12.30pm & 1.30pm-3.30pm	4.5 hrs	Jenny Tyler	£125	£112.50	Good availability
10th April	Friday	Wendy LeBlanc-Arbuckle - Core as Relationship	3pm-6pm	3 hrs	Wendy LeBlanc-Arbuckle	£115	£103.50	New date!
11th April	Saturday	Pilates and Neurodiversity: Day 1	10am-12.30pm & 1.30pm-3.30pm	4.5 hrs	Shreya Vashisht & Sarah Warden	£240	£216	New date!
12th April	Sunday	Pilates and Neurodiversity: Day 2	10am-12.30pm & 1.30pm-3.30pm	4.5 hrs	Shreya Vashisht & Sarah Warden			New date!
17th April	Friday	Pilates with the Band	10am-12pm & 1pm-3pm	4 hrs	Sarah Warden	£140	£126.00	New date!
18th April	Saturday	Small Ball & Toning Circle	10am-12pm & 1pm-3pm	4 hrs	Kate Hodder	£125	£112.50	New date!
18th April	Saturday	Pilates and Scoliosis: Day 1	10am-12.30pm & 2pm-4pm	4.5 hrs	Louise Tallis	£225	£202.50	Good availability
18th April	Saturday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	5.5 hrs	Lynne Robinson	£140	£126	Good availability
		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
19th April	Sunday	Pilates and Scoliosis: Day 2	10am-12.30pm & 1.30-4pm	5 hrs	Louise Tallis			Fully booked
19th April	Sunday	Matwork Certification Update Day	10am-12pm & 1.30pm-3pm	3.5hrs	Sarah Marks	£125	£112.50	Limited availability
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!
25th April	Saturday	Pilates and Hypermobility: Foundation Day	10am-12.30pm & 2pm-4.30pm	5 hrs	Jane Simmonds & Mark Parfitt	£145	£130.50	New date!
		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!
9th May	Saturday	Back4Good Low Back Pain: Day 2	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis			Fully booked
9th May	Saturday	Hypopressives for Pilates Teachers: Foundation Day	10am-12.30pm & 1.30-4pm	5 hrs	Abby Lord	£160	£144	New date!
		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!
10th May	Sunday	Back4Good Low Back Pain: Day 3	10am-1pm & 2pm-4pm	5 hrs	Louise Tallis			Fully booked
15th May	Friday	Title to be confirmed - Day 1 of 3	3pm-6pm	3hrs	Cara Reeser & Jeremy Laverdure			Not open for booking
16th May	Saturday	Title to be confirmed - Day 2 of 3	3pm-6pm	3hrs	Cara Reeser & Jeremy Laverdure			Not open for booking
16th May	Saturday	Reformer for Pre- & Postnatal Clients (must be Reformer, Pregnancy qualified)	10am-1pm	3 hrs	Sarah Warden	£115	£103.50	New date!
17th May	Sunday	Title to be confirmed - Day 3 of 3	3pm-6pm	3hrs	Cara Reeser & Jeremy Laverdure			Not open for booking
30th May	Saturday	Pilates and Hypermobility: Programmes Day (must have done Foundation) was 15/11	10am-12.30pm & 2pm-4.30pm	5 hrs	Jane Simmonds & Mark Parfitt	£145	£130.50	New date!
		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 B 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.						