

BODY CONTROL PILATES FACE TO FACE COURSES & WORKSHOPS: 2026		Fees	Times	Status
<i>Schedule and availability correct as at 11/01/26</i>				
<i>Weekend unless stated. Venue is the Body Control Pilates Centre London unless stated.</i>				
Intermediate Matwork				
March 7th & 8th		£310	10am-4pm	3 spaces left
Advanced Matwork (must have attended Intermediate Mat)				
January 31st		£185	9.30am-5pm	2 spaces left
April 18th		£185	9.30am-5pm	Good availability
Reformer 1: Beginners/Intermediate				
February 17th-22nd (Tuesday-Sunday) INTENSIVE			10am-4.30pm daily	Fully booked
March 13th-March 15th & March 20th-22nd (both Friday to Sunday) GLASGOW		£1,150	10am-4.30pm daily	Good availability
April 24th-26th; May 8th-10th (both Friday to Sunday)			10am-4.30pm daily	Fully booked
May 15th-17th; May 29th-31st (both Friday to Sunday)		£1,150	10am-4.30pm daily	New date!
August 4th-9th (Tuesday-Sunday) INTENSIVE		£1,150	10am-4.30pm daily	6 spaces left
Reformer Supervised Teaching Workshop (must have attended Reformer 1)				
February 1st		£50	10am-2pm	6 spaces left
March 6th (Friday)		£50	10am-2pm	New date!
Reformer Review & Exam Prep Day (must have attended Reformer)				
February 27th		£100	10am-3.30pm	4 spaces left
May 22nd		£100	10am-3.30pm	6 spaces left
Reformer Evolution (must have Reformer 1 certification)				
January 23rd (Friday)		£175	10am-4pm	4 spaces left
Reformer 2: Advanced (must have Reformer 1 certification)				
March 28th-29th & April 18th-19th		£780	10am-4.30pm daily	3 spaces left
May 16th-17th & May 30th-31st BOURNEMOUTH		£850	10.30am-5pm daily	Good availability
Reformer Bridging (for those with Reformer certification from another provider)				
February 21st & 22nd BOURNEMOUTH		£450	10.30am-5pm daily	2 spaces left
February 28th & March 1st		£400	10am-4.30pm daily	2 spaces left
June 6th & 7th		£400	10am-4.30pm daily	New date!
Cadillac 1: Beginners (must have attended Reformer 1)				
January 24th & 25th			10am-4.30pm daily	Fully booked
April 9th & 10th (Thursday/Friday)			10am-4.30pm daily	Fully booked
May 1st & 2nd (Friday/Saturday)			10am-4.30pm daily	Fully booked
July 30th & 31st			10am-4.30pm daily	Fully booked
Cadillac 2: Int/Advanced (must have attended Cadillac 1)				
April 11th & 12th			10am-4.30pm daily	Fully booked
August 1st & 2nd		£425	10am-4.30pm daily	1 space left
Cadillac 3: Advanced (must have attended Cadillac 2)				
May 16th		£250	10am-4.30pm	4 spaces left
Chair 1				
February 7th & 8th			10am-4.30pm daily	Fully booked
March 14th & 15th			10am-4.30pm daily	Fully booked
July 27th & 28th			10am-4.30pm daily	Fully booked
Chair 2 (must have attended Chair 1)				
February 28th - March 1st		£425	10am-4.30pm daily	4 spaces left
June 13th-14th		£425	10am-4.30pm daily	New date!
Ladder Barrel				
March 22nd		£250	9.30am-4.30pm	3 spaces left
July 29th		£200	9.30am-4.30pm	3 spaces left
Fabulous Friday				
March 20th - A Day of Pilates Sessions! Contact us for details.....		£20	9.15am - 5pm	Spaces!