

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!