

BODY CONTROL PILATES ACADEMY: ONLINE (ZOOM) COURSES		Time (UK)	Fees £
as at 13/01/26			
14th January	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45
16th January	Pilates on the Foam Roller	10am-12pm & 1pm-3pm	Fully booked
16th January	Understanding Medical Conditions	10am-12.30pm & 1.30-3.30pm	Fully booked
17th January	Pilates with the Band - inc 4 Sissel bands (UK only). Exercise recording post-course!	10am-12pm & 1pm-3pm	Fully booked
17th & 18th January	Pilates for the Older Person	10am-1pm & 2pm-4.30pm	Fully booked
18th January	Standing Pilates	10am-12pm & 1pm-3pm	Fully booked
20th January	CPR Basic Life Support - 18 months certification	12pm-3.15pm	Fully booked
23rd January	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	Fully booked
24th January	Pilates for Performance	10am-12.30pm & 2pm-4pm	£175
24th January	Hypopressives for Pilates Teachers: Foundation Day	10am-12.30pm & 1.30-4pm	£195
25th January	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia	10am-12.30pm & 1.30-4pm	£195
28th January	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45
30th January	Matwork Bridging Course - 5 days see details online	10am-12pm and 1.30pm-3.30pm	£1,275
31st January	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	Fully booked
31st January	Pilates for Runners (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£175
6th & 7th February	Pilates for the Menopause	10am-12.30pm & 1.30-3.30pm	£275
7th February	Pilates for Swimmers with Jenny Tyler WORKSHOP	10am-1pm	£150
7th February	Spine Corrector & Pilates Arc	10am-12.30pm & 1.30pm-4pm	Fully booked
12th February	CPR Basic Life Support - 18 months certification	12pm-3.15pm	£45
14th February	Pilates on the Ball (Gym Ball)	10am-12pm & 1pm-3pm	£175
18th February	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45
20th February	Pilates on the Foam Roller	10am-12pm & 1pm-3pm	£175
21st & 22nd February	Pilates for Children & Adolescents	10am-12.30pm & 1.30-3.30pm	£275
24th February	CPR Basic Life Support - 18 months certification	12pm-3.15pm	£45
28th February	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	Fully booked
1st March	Understanding Neurological Disorders and how Pilates can help	10am-12.30pm & 1.30pm-3.30pm	Fully booked
7th & 8th March	Movement NOW WITH RECORDING!	10am-12pm & 1.30pm-4pm	£275
7th March	Pilates and Breast Cancer Rehab: Foundation Day	10am-12.30pm & 1pm-3.30pm	Fully booked
8th March	Pilates and Breast Cancer Rehab: Programmes Day (must have done Foundation)	10am-12.30pm & 1pm-3.30pm	Fully booked
21st & 22nd March	Adaptations (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	£275
21st & 22nd March	Pilates for the Older Person	10am-1pm & 2pm-4.30pm	£275
27th March	Exercise Strategies for Diastasis Recti WITH RECORDING!	10am-1pm	£150
28th March	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	£175
28th March	Pilates for Golfers	10am-12.30pm & 1.30pm-3.30pm	£175
17th April	Pilates with the Band - inc 4 Sissel bands (UK only). Exercise recording post-course!	10am-12pm & 1pm-3pm	£175
18th April	Small Ball & Toning Circle	10am-12pm & 1pm-3pm	£125
18th & 19th April	Pilates and Scoliosis	10am-12.30pm & 2pm-4pm	£275
18th April	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	£175
19th April	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	£175
25th April	Pilates and Hypermobility: Foundation Day	10am-12.30pm & 2pm-4.30pm	£175
9th May	Hypopressives for Pilates Teachers: Foundation Day	10am-12.30pm & 1.30-4pm	£195
10th May	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia	10am-12.30pm & 1.30-4pm	£195
16th May	Reformer for Pre- & Postnatal Clients (must be Reformer, Pregnancy qualified)	10am-1pm	£150
30th May	Pilates and Hypermobility: Programmes Day (must have done Foundation)	10am-12.30pm & 2pm-4.30pm	£175