

| 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 | 4 spaces left |
| 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 | 4 spaces left |
| 24th January | Hypopressives for Pilates Teachers: Foundation Day | 10am-12.30pm & 1.30-4pm | £195 | 4 spaces left |
| 25th January | Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia | 10am-12.30pm & 1.30-4pm | £195 | 6 spaces left |
| 28th January | CPR Basic Life Support - 18 months certification | 9.30am-12.45pm | £45 | Good availability |
| 30th January | Matwork Bridging Course - 5 days see details online | 10am-12pm and 1.30pm-3.30pm | £1,275 | 2 spaces left |
| 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 | 6 spaces left |
| 6th & 7th February | Pilates for the Menopause | 10am-12.30pm & 1.30-3.30pm | £275 | 1 space left |
| 7th February | Pilates for Swimmers with Jenny Tyler WORKSHOP | 10am-1pm | £150 | 4 spaces left |
| 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 | 4 spaces left |
| 14th February | Pilates on the Ball (Gym Ball) | 10am-12pm & 1pm-3pm | £175 | 4 spaces left |
| 18th February | CPR Basic Life Support - 18 months certification | 9.30am-12.45pm | £45 | 6 spaces left |
| 20th February | Pilates on the Foam Roller | 10am-12pm & 1pm-3pm | £175 | 1 space left |
| 21st & 22nd February | Pilates for Children & Adolescents | 10am-12.30pm & 1.30-3.30pm | £275 | 6 spaces left |
| 24th February | CPR Basic Life Support - 18 months certification | 12pm-3.15pm | £45 | 6 spaces left |
| 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 | 4 spaces left |
| 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 | 3 spaces left |
| 21st & 22nd March | Pilates for the Older Person | 10am-1pm & 2pm-4.30pm | £275 | 3 spaces left |
| 27th March | Exercise Strategies for Diastasis Recti WITH RECORDING! | 10am-1pm | £150 | New date! |
| 28th March | Pilates for Bone Health | 10am-12.30pm & 1.30pm-4pm | £175 | New date! |
| 28th March | Pilates for Golfers | 10am-12.30pm & 1.30pm-3.30pm | £175 | New date! |
| 17th April | Pilates with the Band - inc 4 Sissel bands (UK only). Exercise recording post-course! | 10am-12pm & 1pm-3pm | £175 | New date! |
| 18th April | Small Ball & Toning Circle | 10am-12pm & 1pm-3pm | £125 | 6 spaces left |
| 18th & 19th April | Pilates and Scoliosis | 10am-12.30pm & 2pm-4pm | £275 | 6 spaces left |
| 18th April | Pregnancy 1 | 10am-12.30pm & 1.30pm-4.30pm | £175 | 8 spaces left |
| 19th April | Pregnancy 2 (must have done Pregnancy 1) | 10am-12.30pm & 1.30pm-4pm | £175 | 6 spaces left |
| 25th April | Pilates and Hypermobility: Foundation Day | 10am-12.30pm & 2pm-4.30pm | £175 | 6 spaces left |
| 9th May | Hypopressives for Pilates Teachers: Foundation Day | 10am-12.30pm & 1.30-4pm | £195 | New date! |
| 10th May | Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia | 10am-12.30pm & 1.30-4pm | £195 | New date! |
| 16th May | Reformer for Pre- & Postnatal Clients (must be Reformer, Pregnancy qualified) | 10am-1pm | £150 | New date! |
| 30th May | Pilates and Hypermobility: Programmes Day (must have done Foundation) | 10am-12.30pm & 2pm-4.30pm | £175 | New date! |