

FACE TO FACE COURSES & WORKSHOPS: 2026	Fees	Academy Fees	Days	Times	Status	CPD
<i>Schedule and availability correct as at 07/03/26</i>						
<i>Weekend unless stated. Venue is the Body Control Pilates Centre London unless stated.</i>						
Matwork Evolution						
May 9th	£150	£135	1	10am-4pm	3 spaces left	A30
August 13th (Thursday)	Part of Matwork Summer School (see below)		1	10am-4pm	Good availability	A30
Intermediate Matwork						
March 7th & 8th			2	10am-4pm	Fully booked	A60
May 22nd & 23rd (Friday/Saturday)	£310	£279	2	10am-4pm	3 spaces left	A60
August 14th & 15th (Friday/Sat)	Part of Matwork Summer School (see below)		2	10am-4pm	4 spaces left	A60
Advanced Matwork (must have attended Intermediate Mat)						
April 18th	£185	£166.50	1	9.30am-5pm	Good availability	A30
August 16th (Sunday)	Part of Matwork Summer School (see below)		1	9.30am-5pm	Good availability	A30
Spine Corrector & Pilates Arc - buy a Pilates Arc for just £85 when attending this course (p&p £15 extra if shipping)!						
May 15th (Friday)	£160	£144	1	10am-4.30pm	4 spaces left	A30
Reformer 1: Beginners/Intermediate						
April 24th-26th; May 8th-10th (both Friday to Sunday)	TWO BLOCKS		6	10am-4.30pm daily	Fully booked	A120
May 15th-17th; May 29th-31st (both Friday to Sunday)	TWO BLOCKS		6	10am-4.30pm daily	4 spaces left	A120
August 4th-9th (Tuesday-Sunday)	SUMMER INTENSIVE		6	10am-4.30pm daily	3 spaces left	A120
October 27th-November 1st (Tuesday-Sunday)	AUTUMN INTENSIVE - ADVANCE NOTICE!		6	10am-4.30pm daily	New date!	A120
<i>Reformer exam costs £190 and is payable when you book it. Contact Ella Porter for more info.</i>						
Reformer Supervised Teaching Workshop (& Self-Practice Session as advised) (must have attended Reformer 1 tuition)						
<i>new date in planning</i>	£50	£45	0.5	10am-2pm		A15
Reformer Review & Exam Prep Day (must have attended Reformer 1 tuition modules)						
March 21st	£100	£90	1	10am-3.30pm	Good availability	A30
April 17th (Friday)	£100	£90	1	10am-3.30pm	Good availability	A30
May 22nd	£100	£90	1	10am-3.30pm	Good availability	A30
<i>Reformer exams? Contact Ella Porter for more info!</i>						
Reformer Group Teaching Skills & Certification Course NEW COURSE! (must have BCP Reformer certification)						
<i>new date in planning</i>	£200	£180	1	10am-3.30pm		A30
Reformer Update Day (for Reformer 1 students still to qualify and Reformer teachers)						
<i>new date in planning</i>	£160	£144	1	10am-4pm		A30
Reformer Evolution						
June 13th 2026	£150	£135		10am-4pm	New date!	A30
Reformer 2: Advanced (must have Reformer certification)						
March 28th-29th & April 18th-19th			4	10am-4.30pm daily	Fully booked	A100
July 4th-5th & July 18th-19th	£650	£585	4	10am-4.30pm daily	3 spaces left	A100
Reformer Bridging (for those with Reformer certification from another provider)						
June 6th & 7th	£400	£360	2	10am-4.30pm daily	2 spaces left	A60
Cadillac 1: Beginners (must have attended Reformer 1)						
April 9th & 10th (Thursday/Friday)			2	10am-4.30pm daily	Fully booked	A60
May 1st & 2nd (Friday/Saturday)			2	10am-4.30pm daily	Fully booked	A60
June 20th & 21st			2	10am-4.30pm daily	Fully booked	A60
July 30th & 31st	Studio Summer School		2	10am-4.30pm daily	Fully booked	A60
September 5th & 6th	£350	£315	2	10am-4.30pm daily	New date!	A60
Cadillac 2: Int/Advanced (must have attended Cadillac 1)						
April 11th & 12th	£350	£315	2	10am-4.30pm daily	Fully booked	A60
June 27th & 28th	£350	£315	2	10am-4.30pm daily	2 spaces left	A60
August 1st & 2nd	Studio Summer School		2	10am-4.30pm daily	Fully booked	A60
October 10th & 11th	£350	£315	2	10am-4.30pm daily	New date!	A60
Cadillac 3: Advanced (must have attended Cadillac 2)						
May 16th	£200	£180	1	10am-4.30pm	2 spaces left	A30
Chair 1						
March 14th & 15th			2	10am-4.30pm daily	Fully booked	A60
June 6th & 7th	£350	£315	2	10am-4.30pm daily	3 spaces left	A60
July 27th & 28th	Studio Summer School		2	10am-4.30pm daily	Fully booked	A60
Chair 2 (must have attended Chair 1)						
June 13th-14th	£350	£315	2	10am-4.30pm daily	New date!	A60
Ladder Barrel						
March 22nd	£200	£180	1	9.30am-4.30pm	3 spaces left	A30
July 29th	Studio Summer School		1	9.30am-4.30pm	Fully booked	A30
Matwork Summer School						
<i>Book any 2 courses and save 10% on what you would normally pay; book all 3 courses and save 15% All Summer School courses can be booked on an individual basis at the regular price</i>						
Matwork Evolution						
August 13th (Thursday)	Part of Matwork Summer School (see below)		1	10am-4pm	Good availability	A30
Intermediate Matwork						
August 14th & 15th (Friday/Sat)	Part of Matwork Summer School (see below)		2	10am-4pm	Good availability	A60
Advanced Matwork (must have attended Intermediate Mat)						
August 16th (Sunday)	Part of Matwork Summer School (see below)		1	9.30am-5pm	Good availability	A30
Workshops & Masterclasses						
Lesson Planning for Teaching in a Pilates Studio with Sarah Marks						
May 29th (Friday)				10am-12pm	Not open for booking	A15
Teaching Skills for the Pilates Equipment Studio with Sarah Marks						
May 29th (Friday)				1pm-3.30pm	Not open for booking	A15