

**Classes at The Body Control Pilates Centre**

**Tuesday Reformer Classes with Valentina Fruzzetti**

12pm – 12.45pm Beginner/Intermediate Reformer £20

1pm – 1.45pm Intermediate Reformer £20

Running in April, May, June & July 2026

**Wednesday Reformer Classes with Jacquie Biggs**

12pm – 12.45pm Beginner/Intermediate Level Reformer £20

1pm – 1.45pm Intermediate Level Reformer £20

Running in April, May, June & July

(No classes on 8<sup>th</sup> April & 29<sup>th</sup> July)

**SPECIAL! Wednesday Tower Classes with Jacquie Biggs**

2.15pm – 3pm Intermediate Tower class £20

On Wednesday 22<sup>nd</sup> April, 20<sup>th</sup> May, 17<sup>th</sup> June & 22<sup>nd</sup> July 2026

**Thursday Pilates Classes with Hayley Towler**

12pm - 12.45pm Student Mat Class £12

1pm – 1.45pm Mat Pilates (all levels) £12

**Book both classes on the same day for £20**

Running on all Thursdays in April, May, June & July 2026

**Student Matwork Classes with Kate Hodder**

**(for Body Control Pilates students)**

2.45-3.30pm £12.00

Weds 15<sup>th</sup> April 2026



## Class Descriptions

### **Mat Pilates**

You will develop your Pilates technique and skills by means of a safe, balanced, effective, total body workout – with particular focus on your core. All Levels.

### **Reformer Pilates**

These classes offer you the chance to achieve an intensive workout which is as much about correct technique as strength and stamina. You will work with different levels of resistance on The Reformer. You should be at least Beginner/Intermediate Matwork level to join Reformer classes.

### **Tower Class**

Body Control Pilates is one of the few studios to offer group classes on the Tower. The Tower is a versatile piece of equipment added to The Reformer, which uses spring resistance to both challenge and support. The spring resistance will promote strength, stamina and balance to enhance your technique and build strong, fluid movements. To join the class you need to be at an Intermediate level in Matwork and have Reformer experience.

### **Student Class**

This class is only open to students on the Body Control Matwork Teacher Training or Bridging courses. We will focus solely on the exercises that you have learnt in your Matwork training. These classes offer an excellent environment in which to develop your technique and advance your understanding. You can be in any stage of your training to join these classes.

All classes take place at The Body Control Pilates Centre in Bloomsbury (near Covent Garden)

You can book by calling us on 0207 636 8900 (9am – 4.30pm) Monday – Friday

Please contact [info@bodycontrolpilates.com](mailto:info@bodycontrolpilates.com) with any questions.

Classes are small and we offer a 48-hour cancellation policy.

We do recommend booking in at least 24 hours in advance if you can!

Studio classes can be booked individually. All equipment is provided.

<https://www.bodycontrolpilates.com/our-london-studio/public-group-classes/>