

<b>BODY CONTROL PILATES: FACE TO FACE COURSES &amp; WORKSHOPS 202</b>	<b>Fees</b>	<b>Times</b>	<b>Status</b>
<i>Schedule and availability correct as at 23/04/26</i>			
<b>Intermediate Matwork</b> (must be BCP Mat trained)			
May 22nd & 23rd (Friday/Saturday)	£425	10am-4pm	<b>2 spaces left</b>
August 14th & 15th (Friday/Sat)	£425	10am-4pm	<b>1 spaces left</b>
October 24th & 25th	£425	10am-4pm	<b>New date!</b>
<b>Advanced Matwork</b> (must have attended Intermediate Mat)			
August 16th (Sunday)	£250.00	9.30am-5pm	<b>2 spaces left</b>
<b>Spine Corrector &amp; Pilates Arc - buy a Pilates Arc for just £85</b>			
May 15th (Friday)		10am-4.30pm	<b>Fully booked</b>
July 31st (Friday)	£200	10am-4.30pm	<b>New date!</b>
<b>Reformer 1: Beginners/Intermediate</b>			
April 24th-26th; May 8th-10th (both Friday to Sunday)		10am-4.30pm daily	<b>Fully booked</b>
May 15th-17th; May 29th-31st (both Friday to Sunday)	£1,150	10am-4.30pm daily	<b>3 spaces left</b>
August 4th-9th (Tuesday-Sunday)		10am-4.30pm daily	<b>Fully booked</b>
September 12th-13th; October 3rd-4th; October 17th-18th	£1,150	10am-4.30pm daily	<b>New date!</b>
October 27th-November 1st (Tuesday-Sunday)	£1,150	10am-4.30pm daily	<b>New date!</b>
<b>Reformer Review &amp; Exam Prep Day</b>			
Must have attended Reformer 1 or Reformer Bridging			
May 22nd	£100	10am-3.30pm	<b>4 spaces left</b>
July 12th	£100	10am-3.30pm	<b>New date!</b>
August 22nd	£100	10am-3.30pm	<b>New date!</b>
<b>Reformer Evolution</b> ( Must be BCP Reformer certified)			
June 13th 2026	£175	10am-4pm	<b>6 spaces left</b>
<b>Reformer 2: Advanced</b> ( Must be BCP Reformer certified)			
July 4th-5th & July 18th-19th	£780	10am-4.30pm daily	<b>1 space left</b>
<b>Reformer Bridging</b>			
June 6th & 7th		10am-4.30pm daily	<b>Fully booked</b>
September 19th & 20th	£400	10am-4.30pm daily	<b>New date!</b>
<b>Cadillac 1: Beginners</b> (must have attended Reformer 1)			
May 1st & 2nd (Friday/Saturday)		10am-4.30pm daily	<b>Fully booked</b>
June 20th & 21st		10am-4.30pm daily	<b>Fully booked</b>
July 30th & 31st		10am-4.30pm daily	<b>Fully booked</b>
September 5th & 6th	£425	10am-4.30pm daily	<b>3 spaces left</b>
<b>Cadillac 2: Int/Advanced</b> (must have attended Cadillac 1)			
June 27th & 28th	£425	10am-4.30pm daily	<b>2 spaces left</b>
August 1st & 2nd		10am-4.30pm daily	<b>Fully booked</b>
October 10th & 11th	£425	10am-4.30pm daily	<b>2 spaces left</b>
<b>Cadillac 3: Advanced</b> (must have attended Cadillac 2)			
May 16th	£250	10am-4.30pm	<b>1 space left</b>
October 17th	£250	10am-4.30pm	<b>New date!</b>
<b>Chair 1</b>			
June 6th & 7th	£425	10am-4.30pm daily	<b>2 spaces left</b>
July 27th & 28th		10am-4.30pm daily	<b>Fully booked</b>
<b>Chair 2</b> (must have attended Chair 1)			
June 13th-14th	£425	10am-4.30pm daily	<b>New date!</b>
<b>Ladder Barrel</b>			
July 29th		9.30am-4.30pm	<b>Fully booked</b>
August 16th (Sunday)	£250.00	9.30am-5pm	<b>New date!</b>
<b>Development Weekend 33</b>			
Sunday September 27th at 11 Cavendish Square, London	£325	9am - 4.30pm tbc	<b>Priority Booking open</b>