

BODY CONTROL PILATES: LATEST SCHEDULE OF ONLINE (ZOOM) COURSES 2026			Time (UK)	Fees £	
as at 22/04/2026					
25th April	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	£175	6 spaces left
26th April	Sunday	Pilates for Runners (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£175	6 spaces left
28th April	Tuesday	CPR Basic Life Support - 18 months certification	12pm-3.15pm		Fully booked
6th May	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm		Fully booked
9th May	Saturday	Hypopressives for Pilates Teachers: Foundation Day	10am-12.30pm & 1.30-4pm	£195	6 spaces left
9th & 10th May	Sat & Sun	Pilates for Children & Adolescents	10am-12.30pm & 1.30-3.30pm	£245	Good availability
10th May	Sunday	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia	10am-12.30pm & 1.30-4pm	£195	5 spaces left
12th May	Tuesday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	£45	New date!
15th May	Friday	Pilates and Mental Wellbeing	10.30am-1pm & 2pm-4pm	£175	5 spaces left
15th, 16th, 17th May	Friday	Breathing Mechanism and Core Control WORKSHOP with recording!	3pm-6pm	£260	Good availability
16th May	Saturday	Reformer for Pre- & Postnatal Clients (must be Reformer 1, Pregnancy qualified)	10am-1pm	£150	4 spaces left
16th May	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	10am-12.30pm & 1pm-3.30pm	£175	5 spaces left
17th May	Sunday	Pilates and Breast Cancer Rehab: Programmes Day (must have done Foundation)	10am-12.30pm & 1pm-3.30pm	£175	5 spaces left
20th May	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	New date!
28th May	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	£45	New date!
29th May	Friday	Understanding Medical Conditions	10am-12.30pm & 1.30-3.30pm	£175	Good availability
30th May	Saturday	Pilates and Hypermobility: Foundation Day	10am-12.30pm & 2pm-4.30pm	£175	6 spaces left
30th & 31st May	Sat & Sun	Movement NOW WITH RECORDING!	10am-12pm & 1.30pm-4pm	£275	Good availability
31st May	Sunday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm		Fully booked
5th June	Friday	Pilates on the Ball (Gym Ball)	10am-12pm & 1pm-3pm	£175	4 spaces left
6th June	Saturday	Pilates for Golfers	10am-12.30pm & 1.30pm-3.30pm	£175	New date!
10th June	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	New date!
12th June	Friday	Matwork Bridging Course (5 days see dates)	10am-12pm and 1.30pm-3.30pm	£1,275	4 spaces left
13th June	Saturday	Pilates and Hypermobility: Programmes Day (must have done Foundation)	10am-12.30pm & 2pm-4.30pm	£175	Good availability
16th June	Tuesday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	£45	New date!
20th June	Saturday	Pilates for ME/Chronic Fatigue, POTs, Associated Conditions WORKSHOP	10am-12.30pm & 1.30-3.30pm	£150	New date!
20th & 21st June	Sat & Sun	Pilates for the Menopause	10am-12.30pm & 1.30-3.30pm	£275	Good availability
25th June	Thursday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	New date!
27th June	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	£175	New date!
27th & 28th June	Sat & Sun	Adaptations (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	£275	Good availability
28th June	Sunday	Understanding Neurological Disorders and how Pilates can help	10am-12.30pm & 1.30pm-3.30pm	£175	Good availability
3rd July	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	£175	New date!
4th July	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	£175	New date!
4th & 5th July	Sat & Sun	Pilates for the Older Person	10am-1pm & 2pm-4.30pm	£275	New date!
11th July	Saturday	Standing Pilates	10am-12pm & 1pm-3pm	£175	New date!
11th July	Saturday	Exercise Strategies for Diastasis Recti WITH RECORDING!	10am-1pm	£150	New date!
18th July	Saturday	Pilates in Prostate Cancer	10am-12.30pm & 1.30pm-4pm	£175	New date!
25th July	Saturday	Pilates for Swimmers WORKSHOP	10am-1pm	£150	New date!
25th July	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	£175	New date!
26th July	Sunday	Pilates for Runners (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£175	New date!
1st August	Saturday	Pilates for Dancers (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£175	New date!
1st August	Saturday	Pilates with the Band WITH RECORDING	10am-12pm & 1pm-3pm	£175	New date!
2nd August	Sunday	Pilates on the Foam Roller	10am-12pm & 1pm-3pm	£175	New date!
7th August	Friday	Small Ball & Toning Circle	10am-12pm & 1pm-3pm	£175	New date!
8th August	Saturday	Hypopressives for Pilates Teachers: Foundation Day	10am-12.30pm & 1.30-4pm	£195	6 spaces left
9th August	Sunday	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia	10am-12.30pm & 1.30-4pm	£195	New date!
5th & 6th September	Sat & Sun	Movement WITH RECORDING!	10am-12pm & 1.30pm-4pm	£275	New date!
12th September	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	£175	New date!
12th & 13th September	Saturday	Adaptations (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	£215	New date!
3rd October	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	10am-12.30pm & 1pm-3.30pm	£175	New date!
4th October	Sunday	Pilates and Breast Cancer Rehab: Programmes Day (must have done Foundation)	10am-12.30pm & 1pm-3.30pm	£175	New date!
17th October	Saturday	Pilates and Hypermobility: Foundation Day	10am-12.30pm & 2pm-4.30pm	£175	New date!
23rd October	Friday	Matwork Bridging Course (5 days see dates)	10am-12pm and 1.30pm-3.30pm	£1,275	New date!
7th November	Saturday	Spine Corrector & Pilates Arc	10am-12.30pm & 1.30pm-4pm	£175	New date!
7th & 8th November	Sat & Sun	Pilates and Scoliosis	10am-12.30pm & 2pm-4pm	£275	New date!
14th November	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	£175	New date!
21st November	Saturday	Pilates for Runners (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£175	New date!
28th November	Saturday	Pilates and Hypermobility: Programmes Day (must have done Foundation)	10am-12.30pm & 2pm-4.30pm	£175	New date!
5th & 6th December	Sat & Sun	Movement WITH RECORDING!	10am-12pm & 1.30pm-4pm	£275	New date!