

FACE TO FACE COURSES & WORKSHOPS: 2026	Fees	Academy Fees	Days	Times	Status	CPD
<i>Schedule and availability correct as at 04/05/26</i>						
<i>Weekend unless stated. Venue is the Body Control Pilates Centre London unless stated.</i>						
<b>Matwork Evolution</b>						
May 9th	£150	£135	1	10am-4pm	3 spaces left	A30
August 13th (Thursday)	£150	£135	1	10am-4pm	5 spaces left	A30
November 14th	£150	£135	1	10am-4pm	New date!	A30
<b>Intermediate Matwork</b>						
May 22nd & 23rd (Friday/Saturday)	£310	£279	2	10am-4pm	2 spaces left	A60
August 14th & 15th (Friday/Sat)	£310	£279	2	10am-4pm	1 space left	A60
October 24th & 25th	£310	£279	2	10am-4pm	New date!	A60
<b>Advanced Matwork</b> (must have attended Intermediate Mat)						
August 16th (Sunday)	£185	£166.50	1	9.30am-5pm	1 space left	A30
November 14th	£185	£166.50	1	9.30am-5pm	New date!	A30
<b>Spine Corrector &amp; Pilates Arc</b> - buy a Pilates Arc for just £85 when attending this course (p&p £15 extra if shipping!)						
May 15th (Friday)			1	10am-4.30pm	Fully booked	A30
July 31st (Friday)	£160	£144	1	10am-4.30pm	New date!	A30
<b>Reformer 1: Beginners/Intermediate</b>						
May 15th-17th; May 29th-31st (both Friday to Sunday)	£945	£850	6	10am-4.30pm daily	3 spaces left	A120
August 4th-9th (Tuesday-Sunday)			6	10am-4.30pm daily	Fully booked	A120
September 12th-13th; October 3rd-4th; October 17th-18th	£945	£850	6	10am-4.30pm daily	Good availability	A120
October 27th-November 1st (Tuesday-Sunday)	£945	£850	6	10am-4.30pm daily	Good availability	A120
<i>Reformer exam costs £190 and is payable when you book it. Contact Ella Porter for more info.</i>						
<b>Reformer Supervised Teaching Workshop (&amp; Self-Practice Session as advised)</b> (must have attended Reformer 1 tuition)						
<i>new date in planning</i>	£50	£45	0.5	10am-2pm		A15
<b>Reformer Review &amp; Exam Prep Day</b> (must have attended Reformer 1 tuition modules)						
May 22nd	£100	£90	1	10am-3.30pm	4 spaces left	A30
July 12th	£100	£90	1	10am-3.30pm	Good availability	A30
August 22nd	£100	£90	1	10am-3.30pm	Good availability	A30
<i>Reformer exams? Contact Ella Porter for more info!</i>						
<b>Reformer Group Teaching Skills &amp; Certification Course NEW COURSE!</b> (must have BCP Reformer certification)						
<i>new date in planning</i>	£200	£180	1	10am-3.30pm		A30
<b>Reformer Update Day</b> (for Reformer 1 students still to qualify and Reformer teachers)						
November 13th (Friday)	£160	£144	1	10am-4pm	New date!	A30
<b>Reformer Evolution</b>						
June 13th	£150	£135		10am-4pm	Good availability	A30
<b>Reformer 2: Advanced</b> (must have Reformer certification)						
July 4th-5th & July 18th-19th	£650	£585	4	10am-4.30pm daily	1 space left	A100
November 14th-15th & Novwmb 28th-29th	£650	£585	4	10am-4.30pm daily	New date!	A100
<b>Reformer Bridging</b> (for those with Reformer certification from another provider)						
June 6th & 7th			2	10am-4.30pm daily	Fully booked	A60
September 19th & 20th	£400	£360	2	10am-4.30pm daily	Good availability	A60
<b>Cadillac 1: Beginners</b> (must have attended Reformer 1)						
June 20th & 21st			2	10am-4.30pm daily	Fully booked	A60
July 30th & 31st			2	10am-4.30pm daily	Fully booked	A60
August 28th & 29th (Friday/Saturday)	£350	£315	2	10am-4.30pm daily	New date!	A60
September 5th & 6th			2	10am-4.30pm daily	Fully booked	A60
November 7th & 8th	£350	£315	2	10am-4.30pm daily	New date!	A60
<b>Cadillac 2: Int/Advanced</b> (must have attended Cadillac 1)						
June 27th & 28th	£350	£315	2	10am-4.30pm daily	2 spaces left	A60
August 1st & 2nd			2	10am-4.30pm daily	Fully booked	A60
October 10th & 11th	£350	£315	2	10am-4.30pm daily	2 spaces left	A60
<b>Cadillac 3: Advanced</b> (must have attended Cadillac 2)						
May 16th	£200	£180	1	10am-4.30pm	1 space left	A30
October 17th	£200	£180	1	10am-4.30pm	New date!	A30
<b>Chair 1</b>						
June 6th & 7th	£350	£315	2	10am-4.30pm daily	2 spaces left	A60
July 27th & 28th			2	10am-4.30pm daily	Fully booked	A60
November 21st & 22nd	£350	£315	2	10am-4.30pm daily	New date!	A60
<b>Chair 2</b> (must have attended Chair 1)						
October 3rd & 4th	£350	£315	2	10am-4.30pm daily	New date!	A60
<b>Ladder Barrel</b>						
July 29th			1	9.30am-4.30pm	Fully booked	A30
September 12th	£200	£180	1	9.30am-4.30pm	New date!	A30