

<b>BODY CONTROL PILATES</b>			
<b>FACE TO FACE COURSES &amp; WORKSHOPS 2026</b>	<b>Fees</b>	<b>Times</b>	<b>Status</b>
<i>Schedule and availability correct as at 27/05/26</i>			
<b>Intermediate Matwork</b> ( Must be BCP Mat Qualified)			
August 14th & 15th (Friday/Sat)	£425	10am-4pm	<b>1 space left</b>
October 24th & 25th	£425	10am-4pm	<b>New date!</b>
<b>Advanced Matwork</b> (must have attended Intermediate Mat)			
August 16th (Sunday)		9.30am-5pm	<b>Fully booked</b>
November 14th	£250	9.30am-5pm	<b>New date!</b>
<b>Spine Corrector &amp; Pilates Arc</b>			
July 31st (Friday)	£200	10am-4.30pm	<b>New date!</b>
<b>Reformer 1: Beginners/Intermediate</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 tuition modules)			
July 12th	£100	10am-3.30pm	<b>4 spaces left</b>
August 21st (Friday)	£100	10am-3.30pm	<b>New date!</b>
<b>Reformer Update Day</b> (for Reformer 1 students still to qualify and Reformer teachers)			
November 13th (Friday)	£160	10am-4pm	<b>New date!</b>
<b>Reformer Evolution</b>			
June 13th	£175	10am-4pm	<b>4 spaces left</b>
<b>Reformer 2: Advanced</b> (must have Reformer 1 certification)			
July 4th-5th & July 18th-19th		10am-4.30pm daily	<b>Fully booked</b>
November 14th-15th & November 28th-29th	£780	10am-4.30pm daily	<b>Good availability</b>
<b>Reformer Bridging</b> (for those with Reformer certification from another provider)			
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)			
June 20th & 21st		10am-4.30pm daily	<b>Fully booked</b>
July 30th & 31st		10am-4.30pm daily	<b>Fully booked</b>
August 28th & 29th (Friday/Saturday)	£425	10am-4.30pm daily	<b>2 spaces left</b>
September 5th & 6th	£425	10am-4.30pm daily	<b>Fully booked</b>
November 7th & 8th	£425	10am-4.30pm daily	<b>4 spaces left</b>
<b>Cadillac 2: Int/Advanced</b> (must have attended Cadillac 1)			
June 27th & 28th		10am-4.30pm daily	<b>Fully booked</b>
August 1st & 2nd		10am-4.30pm daily	<b>Fully booked</b>
August 22nd & 23rd	£425	10am-4.30pm daily	<b>New date!</b>
October 10th & 11th		10am-4.30pm daily	<b>Fully booked</b>
<b>Cadillac 3: Advanced</b> (must have attended Cadillac 2)			
May 16th	£200	10am-4.30pm	<b>1 space left</b>
October 17th	£200	10am-4.30pm	<b>New date!</b>
<b>Chair 1</b> (must have attended Reformer 1 or Bridging)			
June 6th & 7th	£425	10am-4.30pm daily	<b>2 spaces left</b>
July 27th & 28th		10am-4.30pm daily	<b>Fully booked</b>
November 21st & 22nd	£425	10am-4.30pm daily	<b>New date!</b>
<b>Chair 2</b> (must have attended Chair 1)			
October 3rd & 4th	£425	10am-4.30pm daily	<b>New date!</b>
<b>Ladder Barrel</b>			
July 29th		9.30am-4.30pm	<b>Fully booked</b>
September 12th	£250	9.30am-4.30pm	<b>3 spaces left</b>
<b>Jumpboard Playtime!</b> with <b>Jacque Biggs</b> for Reformer-qualified teachers			
June 26th (Friday)	£100	12.30pm-3pm	<b>3 spaces left</b>
<b>Development Weekend 33</b>			
Sunday September 27th at 11 Cavendish Square, London			<b>booking opens shortly!</b>