

BODY CONTROL PILATES: FACE TO FACE COURSES & WORKSHOPS 2026							Fees	Academy Fees	Days	Times	Status	CPD
<i>Schedule and availability correct as at 03/06/26</i>												
<i>Weekend unless stated. Venue is the Body Control Pilates Centre London unless stated.</i>												
Matwork Evolution												
July 11th		£150	£135	1	10am-4pm	3 spaces left	A30					
August 13th (Thursday)	Part of Matwork Summer School (see below)	£150	£135	1	10am-4pm	2 spaces left	A30					
November 14th		£150	£135	1	10am-4pm	Good availability	A30					
Intermediate Matwork												
August 14th & 15th (Friday/Sat)	Part of Matwork Summer School (see below)	£310	£279	2	10am-4pm	1 space left	A60					
October 24th & 25th		£310	£279	2	10am-4pm	Good availability	A60					
Advanced Matwork (must have attended Intermediate Mat)												
August 16th (Sunday)	Part of Matwork Summer School (see below)			1	9.30am-5pm	Fully booked	A30					
November 14th		£185	£166.50	1	9.30am-5pm	Good availability	A30					
Spine Corrector & Pilates Arc - buy a Pilates Arc for just £85 when attending this course (p&p £15 extra if shipping)!												
July 31st (Friday)		£160	£144	1	10am-4.30pm	Good availability	A30					
Reformer 1: Beginners/Intermediate												
August 4th-9th (Tuesday-Sunday)	SUMMER INTENSIVE			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)	AUTUMN INTENSIVE - ADVANCE NOTICE!	£945	£850	6	10am-4.30pm daily	3 spaces left	A120					
<i>Reformer exam costs £190 and is payable when you book it. Contact Ella Porter for more info.</i>												
Reformer Supervised Teaching Workshop (must have attended Reformer 1 tuition)												
July 17th (Friday)		£45	£40	0.5	10am-2pm	3 spaces left	A15					
Reformer Review & Exam Prep Day (must have attended Reformer 1 tuition modules)												
July 12th		£100	£90	1	10am-3.30pm	4 spaces left	A30					
August 21st (Friday)		£100	£90	1	10am-3.30pm	4 spaces left	A30					
<i>Reformer exams? Contact Ella Porter for more info!</i>												
Reformer Group Teaching Skills & Certification Course NEW COURSE! (must have BCP Reformer certification)												
<i>new date in planning</i>												
November 13th (Friday)		£200	£180	1	10am-3.30pm		A30					
Reformer Update Day (for Reformer 1 students still to qualify and Reformer teachers)												
November 13th (Friday)		£160	£144	1	10am-4pm	New date!	A30					
Reformer Evolution												
June 13th		£150	£135		10am-4pm	Good availability	A30					
Reformer 2: Advanced (must have Reformer certification)												
July 4th-5th & July 18th-19th				4	10am-4.30pm daily	Fully booked	A100					
November 14th-15th & November 28th-29th		£650	£585	4	10am-4.30pm daily	Good availability	A100					
Reformer Bridging (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					
Cadillac 1: Beginners (must have attended Reformer 1)												
June 20th & 21st				2	10am-4.30pm daily	Fully booked	A60					
July 30th & 31st	Studio Summer School			2	10am-4.30pm daily	Fully booked	A60					
August 28th & 29th (Friday/Saturday)		£350	£315	2	10am-4.30pm daily	2 spaces left	A60					
September 5th & 6th				2	10am-4.30pm daily	Fully booked	A60					
November 7th & 8th		£350	£315	2	10am-4.30pm daily	4 spaces left	A60					
Cadillac 2: Int/Advanced (must have attended Cadillac 1)												
June 27th & 28th				2	10am-4.30pm daily	Fully booked	A60					
August 1st & 2nd	Studio Summer School			2	10am-4.30pm daily	Fully booked	A60					
August 22nd & 23rd	New date due to demand!	£350	£315	2	10am-4.30pm daily	Good availability	A60					
October 10th & 11th		£350	£315	2	10am-4.30pm daily	2 spaces left	A60					
Cadillac 3: Advanced (must have attended Cadillac 2)												
October 17th		£200	£180	1	10am-4.30pm	4 spaces left	A30					
Chair 1												
June 6th & 7th		£350	£315	2	10am-4.30pm daily	2 spaces left	A60					
July 27th & 28th	Studio Summer School			2	10am-4.30pm daily	Fully booked	A60					
November 21st & 22nd		£350	£315	2	10am-4.30pm daily	Good availability	A60					
Chair 2 (must have attended Chair 1)												
October 3rd & 4th		£350	£315	2	10am-4.30pm daily	Good availability	A60					
Ladder Barrel												
July 29th	Studio Summer School			1	9.30am-4.30pm	Fully booked	A30					
September 12th		£200	£180	1	9.30am-4.30pm	2 spaces left	A30					
Matwork Summer School												
<i>Book any 2 courses and save 10% on what you would normally pay; book all 3 courses and save 15%</i>												
<i>All Summer School courses can be booked on an individual basis at the regular price</i>												
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Intermediate Matwork												
August 14th & 15th (Friday/Sat)	Part of Matwork Summer School (see below)	£310	£279	2	10am-4pm	1 space left	A60					
Advanced Matwork (must have attended Intermediate Mat)												
August 16th (Sunday)	Part of Matwork Summer School (see below)			1	9.30am-5pm	Fully booked	A30					
Workshops & Masterclasses												
Jumpboard Playtime! with Jacquie Biggs for Reformer-qualified teachers												
June 26th (Friday)					12.30pm-3pm	Fully booked	A15					
Development Weekend 33												
September 26th & 27th at 11 Cavendish Square, London						booking opens shortly!						