

BODY CONTROL PILATES		ONLINE COURSES AND WORKSHOPS ( VIA ZOOM)	Time (UK)	Fees £	
<b>as at 17/06/26</b>					
20th June	Saturday	Pilates for ME/Chronic Fatigue, POTs, Assoc Conditions <b>WORKSHOP</b>	10am-12.30pm & 1.30-3.30pm	£150	6 spaces left
20th & 21st June	Sat & Sun	Pilates for the Menopause	10am-12.30pm & 1.30-3.30pm		Fully Booked!
25th June	Thursday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	6 spaces left
27th June	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	£175	1 space left
27th & 28th June	Sat & Sun	Adaptations (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	£275	5 spaces left
28th June	Sunday	Understanding Neurological Disorders and how Pilates can help	10am-12.30pm & 1.30pm-3.30pm	£175	6 spaces left
3rd July	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	£175	2 spaces left
4th July	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm		Fully Booked!
4th & 5th July	Sat & Sun	Pilates for the Older Person	10am-1pm & 2pm-4.30pm	£275	1 space left
11th July	Saturday	Standing Pilates	10am-12pm & 1pm-3pm	£175	6 spaces left
11th July	Saturday	Exercise Strategies for Diastasis Recti <b>WITH RECORDING!</b>	10am-1pm	£150	Good availability
18th July	Saturday	Pilates in Prostate Cancer	10am-12.30pm & 1.30pm-4pm	£175	8 spaces left
25th July	Saturday	Pilates for Swimmers <b>WORKSHOP</b>	10am-1pm	£150	Good availability
25th July	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	£175	6 spaces left
26th July	Sunday	Pilates for Runners (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£175	Good availability
1st August	Saturday	Pilates for Dancers (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£175	Good availability
1st August	Saturday	Pilates with the Band <b>EXERCISES RECORDING POST-COURSE!</b>	10am-12pm & 1pm-3pm	£175	4 spaces left
2nd August	Sunday	Pilates on the Foam Roller	10am-12pm & 1pm-3pm	£175	6 spaces left
7th August	Friday	Small Ball & Toning Circle	10am-12pm & 1pm-3pm	£175	3 spaces left
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	Good availability
5th & 6th Sep	Sat & Sun	Movement <b>NOW WITH RECORDING!</b>	10am-12pm & 1.30pm-4pm	£275	6 spaces left
12th September	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	£175	6 spaces left
12th & 13th Sep	Sat & Sun	Adaptations (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	£275	6 spaces left
3rd October	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	10am-12.30pm & 1pm-3.30pm	£175	2 spaces left
4th October	Sunday	Pilates and Breast Cancer Rehab: Programmes Day (must have done Foundation)	10am-12.30pm & 1pm-3.30pm	£175	2 spaces left
17th October	Saturday	Pilates and Hypermobility: Foundation Day	10am-12.30pm & 2pm-4.30pm	£175	New date!
17th & 18th Oct	Sat & Sun	Pilates for the Older Person	10am-1pm & 2pm-4.30pm	£275	New date!
23rd October	Friday	Matwork Bridging Course ( 5 days starting 23/10 see dates)	10am-12pm and 1.30pm-3.30pm	£1,275	3 spaces left
23rd October	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	£175	New date!
24th October	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	£175	New date!
31st October	Saturday	Pilates and Mental Wellbeing	10.30am-1pm & 2pm-4pm	£175	New date!
31st Oct & 1st Nov	Sat & Sun	Pilates for the Menopause	10am-12.30pm & 1.30-3.30pm	£275	New date!
7th November	Saturday	Spine Corrector & Pilates Arc	10am-12.30pm & 1.30pm-4pm	£175	New date!
7th & 8th Nov	Sat & Sun	Pilates and Scoliosis	10am-12.30pm & 2pm-4pm	£275	6 spaces left
14th November	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	£175	New date!
14th & 15th Nov	Sat & Sun	Pilates for Children & Adolescents <b>NOW WITH RECORDING!</b>	10am-12.30pm & 1.30-3.30pm	£275	New date!
21st November	Saturday	Pilates for Runners (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£175	New date!
27th November	Friday	Reformer for Pre- & Postnatal Clients (must be Reformer, Pregnancy qualified)	10am-1pm	£150	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 Dec	Sat & Sun	Movement <b>NOW WITH RECORDING!</b>	10am-12pm & 1.30pm-4pm	£275	New date!