

<b>BODY CONTROL PILATES: FACE TO FACE COURSES &amp; WORKSHOPS 2026</b>	<b>Fees</b>	<b>Academy Fees</b>	<b>Days</b>	<b>Times</b>
<i>Schedule and availability correct as at 01/07/26</i>				
<i>Weekend unless stated. Venue is the Body Control Pilates Centre London unless stated.</i>				
<b>Matwork Evolution</b>				
July 11th	£150	£135	1	10am-4pm
August 13th (Thursday)	<b>Part of Matwork Summer School (see below)</b>		1	10am-4pm
November 14th	£150	£135	1	10am-4pm
<b>Intermediate Matwork</b>				
August 14th & 15th (Friday/Sat)	<b>Part of Matwork Summer School (see below)</b>		2	10am-4pm
October 24th & 25th	£310	£279	2	10am-4pm
<b>Advanced Matwork</b> (must have attended Intermediate Mat)				
August 16th (Sunday)	<b>Part of Matwork Summer School (see below)</b>		1	9.30am-5pm
November 14th	£185	£166.50	1	9.30am-5pm
<b>Spine Corrector &amp; Pilates Arc - buy a Pilates Arc for just £85 when attending this course (p&amp;p £15 extra if shipping)!</b>				
July 31st (Friday)	£160	£144	1	10am-4.30pm
<b>Reformer 1: Beginners/Intermediate</b>				
August 4th-9th (Tuesday-Sunday)	<b>SUMMER INTENSIVE</b>		6	10am-4.30pm daily
September 12th-13th; October 3rd-4th; October 17th-18th	£945	£850	6	10am-4.30pm daily
October 27th-November 1st (Tuesday-Sunday)	<b>AUTUMN INTENSIVE</b>		6	10am-4.30pm daily
November 20th-22nd & December 4th-6th	<b>TWO BLOCKS</b>		6	10am-4.30pm daily
<i>Reformer exam costs £190 and is payable when you book it. Contact Ella Porter for more info.</i>				
<b>Reformer Supervised Teaching Workshop</b> (must have attended Reformer 1 tuition)				
July 17th (Friday)	£45	£40	0.5	10am-2pm
<b>Reformer Review &amp; Exam Prep Day</b> (must have attended Reformer 1 tuition modules)				
July 12th	£100	£90	1	10am-3.30pm
August 21st (Friday)	£100	£90	1	10am-3.30pm
<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
<b>Reformer Update Day</b> (for Reformer 1 students still to qualify and Reformer teachers)				
November 13th (Friday)	£160	£144	1	10am-4pm
<b>Reformer Evolution</b>				
<i>new date in planning</i>				
	£150	£135		10am-4pm
<b>Reformer 2: Advanced</b> (must have Reformer certification)				
July 4th-5th & July 18th-19th	£650	£585	4	10am-4.30pm daily
November 14th-15th & November 28th-29th	£650	£585	4	10am-4.30pm daily
<b>Reformer Bridging</b> (for those with Reformer certification from another provider)				
September 19th & 20th	<b>(fees include one Reformer Review &amp; Exam Prep Day)</b>		2	10am-4.30pm daily
<b>Cadillac 1: Beginners</b> (must have attended Reformer 1)				
July 30th & 31st	<b>Studio Summer School</b>		2	10am-4.30pm daily
August 28th & 29th (Friday/Saturday)	£350	£315	2	10am-4.30pm daily
September 5th & 6th			2	10am-4.30pm daily
October 10th & 11th	<b>PLYMOUTH, DEVON</b>		2	10am-4.30pm daily
November 7th & 8th	£350	£315	2	10am-4.30pm daily
<b>Cadillac 2: Int/Advanced</b> (must have attended Cadillac 1)				
June 27th & 28th			2	10am-4.30pm daily
August 1st & 2nd	<b>Studio Summer School</b>		2	10am-4.30pm daily
August 22nd & 23rd	<b>New date due to demand!</b>		2	10am-4.30pm daily
October 10th & 11th	£350	£315	2	10am-4.30pm daily
<b>Cadillac 3: Advanced</b> (must have attended Cadillac 2)				
October 17th	£200	£180	1	10am-4.30pm
<b>Chair 1</b>				
July 27th & 28th	<b>Studio Summer School</b>		2	10am-4.30pm daily
November 21st & 22nd	£350	£315	2	10am-4.30pm daily
<b>Chair 2</b> (must have attended Chair 1)				
October 3rd & 4th	£350	£315	2	10am-4.30pm daily
<b>Ladder Barrel</b>				
July 29th	<b>Studio Summer School</b>		1	9.30am-4.30pm
September 12th	£200	£180	1	9.30am-4.30pm