

BODY CONTROL PILATES: FACE TO FACE COURSES	Fees	Times	Status
Intermediate Matwork (Must Be BCP Mat Qualified)			
October 24th & 25th		10am-4pm	Fully booked
January 9th & 10th 2027	£425	10am-4pm	Good availability
April 2nd & 3rd 2027 (Friday/Saturday)	£425	10am-4pm	New date!
Advanced Matwork (must have attended Intermediate Mat)			
November 14th	£250	9.30am-5pm	3 spaces left
March 13th 2027	£250	9.30am-5pm	Good availability
Spine Corrector & Pilates Arc -			
January 30th 2027	£200	10am-4.30pm	6 spaces left
Reformer 1: Beginners/Intermediate			
October 27th-November 1st (Tuesday-Sunday)		10am-4.30pm	Fully booked
December 1st-6th (Tuesday-Sunday)	£1,150	10am-4.30pm	6 spaces left
February 16th-21st 2027 (Tuesday-Sunday)	£1,150	10am-4.30pm	New date!
March 5th-7th & March 19th-21st 2027	£1,150	10am-4.30pm	New date!
Reformer Supervised Teaching Workshop (& Self-Practice Hour)			
November 13th (Friday)	£50	10am-2pm	New date!
Reformer Review & Exam Prep Day			
October 25th (Sunday)	£100	10am-4pm	3 spaces left
November 20th (Friday)	£100	10am-4pm	4 spaces left
December 11th (Friday)	£100	10am-4pm	New date!
Reformer Evolution			
October 24th	£175	10am-4pm	Good availability
Reformer 2: Advanced			
November 14th-15th & November 28th-29th	£780	10am-4.30pm	1 space left
February 4th-7th (Thursday-Sunday)	£780	10am-4.30pm	4 spaces left
Reformer Bridging			
January 23rd & 24th 2027	£500	10am-4.30pm	New date!
April 24th & 25th 2027	£500	10am-4.30pm	New date!
Cadillac 1: Beginners (must have attended Reformer 1)			
October 10th & 11th PLYMOUTH, DEVON	£425	10am-4.30pm	2 spaces left
November 7th & 8th	£425	10am-4.30pm	2 spaces left
January 30th & 31st 2027	£425	10am-4.30pm	New date!
April 10th & 11th 2027	£425	10am-4.30pm	New date!
Cadillac 2: Int/Advanced (must have attended Cadillac 1)			
October 10th & 11th		10am-4.30pm	Fully booked
January 16th & 17th 2027	£425	10am-4.30pm	3 spaces left
January 23rd & 24th 2027 PLYMOUTH, DEVON	£425	10am-4.30pm	2 spaces left
April 17th & 18th 2027	£425	10am-4.30pm	New date!
Cadillac 3: Advanced (must have attended Cadillac 2)			
October 17th	£250	10am-4.30pm	1 space left
February 13th 2027	£250	10am-4.30pm	New date!
Chair 1			
November 21st & 22nd	£425	10am-4.30pm	2 spaces left
February 13th & 14th 2027	£425	10am-4.30pm	New date!
Chair 2 (must have attended Chair 1)			
October 3rd & 4th	£425	10am-4.30pm	3 spaces left
February 27th & 28th 2027	£425	10am-4.30pm	New date!
Ladder Barrel			
January 9th 2027	£250	9.30am-4.30pm	Good availability

Updated : 27/9/2026