

BODY CONTROL PILATES ONLINE COURSES			Time (UK)	Fees £	
as at 15/09/26					
22nd September	Tuesday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	£45	2 spaces left
3rd October	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	10am-12.30pm & 1pm-3.30pm		Fully booked
4th October	Sunday	Pilates and Breast Cancer Rehab: Programmes Day (must have done Foundation)	10am-12.30pm & 1pm-3.30pm		Fully booked
7th October	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	Good availability
15th October	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	£45	Good availability
17th October	Saturday	Pilates and Hypermobility: Foundation Day	10am-12.30pm & 2pm-4.30pm		Fully booked
17th & 18th October	Sat & Sun	Pilates for the Older Person	10am-1pm & 2pm-4.30pm	£275	6 spaces left
20th October	Tuesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	Good availability
23rd October	Friday	Matwork Bridging Course (5 days see dates)	10am-12pm & 1.30pm-3.30pm	£1,275	1 space left
23rd October	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	£175	4 spaces left
24th October	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	£175	2 spaces left
31st October	Saturday	Pilates and Mental Wellbeing	10.30am-1pm & 2pm-4pm	£175	6 spaces left
31st Oct & 1st Nov	Sat & Sun	Pilates for the Menopause	10am-12.30pm & 1.30-3.30pm	£275	2 spaces left
4th November	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	Good availability
6th November	Friday	Standing Pilates	10am-12pm & 1pm-3pm	£175	6 spaces left
7th November	Saturday	Pilates for Golfers	10am-12.30pm & 1.30pm-3.30pm	£175	3 spaces left
7th November	Saturday	Spine Corrector & Pilates Arc	10am-12.30pm & 1.30pm-4pm	£200	4 spaces left
7th & 8th November	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	Good availability
14th & 15th November	Sat & Sun	Pilates for Children & Adolescents NOW WITH RECORDING!	10am-12.30pm & 1.30-3.30pm	£275	3 spaces left
20th November	Friday	Pilates on the Foam Roller	10am-12pm & 1pm-3pm	£175	New date!
21st November	Saturday	Pilates with the Band EXERCISES RECORDING POST-COURSE!	10am-12pm & 1pm-3pm	£175	3 spaces left
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	2 spaces left
28th November	Saturday	Pilates and Hypermobility: Programmes Day (must have done Foundation)	10am-12.30pm & 2pm-4.30pm		Fully booked
29th November	Sunday	Exercise Strategies for Diastasis Recti WITH RECORDING!	10am-1pm	£150	New date!
5th & 6th December	Sat & Sun	Movement NOW WITH RECORDING!	10am-12pm & 1.30pm-4pm	£275	New date!
2027					
9th January	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	£175	6 spaces left
10th January	Sunday	Understanding Neurological Disorders and how Pilates can help	10am-12.30pm & 1.30pm-3.30pm	£175	New date!
16th & 17th January	Sat & Sun	Adaptations (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	£275	New date!
23rd January	Saturday	Hypopressives for Pilates Teachers: Foundation Day	10am-12.30pm & 1.30-4pm	£195	New date!
24th January	Sunday	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia	10am-12.30pm & 1.30-4pm	£195	New date!
29th January	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	£175	New date!
30th January	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	£175	New date!
26th February	Friday	Matwork Bridging Course (5 days see dates)	10am-12pm & 1.30pm-3.30pm	£1,275	New date!