BODY CONTROL PILATES ONLINE COURSES (live on Zoom)			Time (UK)	Fees £	
as at 13/10/26					
15th October	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	£45	5 spaces left
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	4 spaces left
20th October	Tuesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	5 spaces left
23rd October	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm		Fully booked
24th October	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm		Fully booked
31st October	Saturday	Pilates and Mental Wellbeing	10.30am-1pm & 2pm-4pm	£175	5 spaces left
31st Oct & 1st Nov	Sat & Sun	Pilates for the Menopause	10am-12.30pm & 1.30-3.30pm	£275	1 space left
4th November	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45	1 space left
6th November	Friday	Standing Pilates	10am-12pm & 1pm-3pm	£175	1 space left
7th November	Saturday	Pilates for Golfers	10am-12.30pm & 1.30pm-3.30pm	£175	2 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	3 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	Good availability
20th November	Friday	Pilates on the Foam Roller	10am-12pm & 1pm-3pm	£175	4 spaces left
21st November	Saturday	Pilates with the Band *EXERCISES RECORDING POST-COURSE!*	10am-12pm & 1pm-3pm	£175	2 spaces left
21st November	Saturday	Pilates for Runners (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£175	Good availability
27th November	Friday	Reformer for Pre- & Postnatal Clients (must be Reformer, Pregnancy qualified)	10am-1pm		Fully booked
28th November	Saturday	Pilates and Hypermobility: Programmes Day (must have done Foundation)	10am-12.30pm & 2pm-4.30pm	£175	1 space left
29th November	Sunday	Exercise Strategies for Diastasis Recti *WITH RECORDING!*	10am-1pm	£150	Good availability
5th & 6th December	Sat & Sun	Movement *NOW WITH RECORDING!*	10am-12pm & 1.30pm-4pm	£275	5 spaces left
2027					
9th January	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	£175	1 space left
10th January	Sunday	Understanding Neurological Disorders and how Pilates can help	10am-12.30pm & 1.30pm-3.30pm	£175	3 spaces left
16th & 17th January	Sat & Sun	Adaptations (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	£275	Good availability
23rd January	Saturday	Hypopressives for Pilates Teachers: Foundation Day	10am-12.30pm & 1.30-4pm	£195	Good availability
24th January	Sunday	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia	10am-12.30pm & 1.30-4pm	£195	Good availability
29th January	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	£175	Good availability
30th January	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	£175	5 spaces left
30th & 31st January	Sat & Sun	Pilates for the Older Person	10am-1pm & 2pm-4.30pm	£275	New date
6th February	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	£175	New date
6th February	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	10am-12.30pm & 1pm-3.30pm	£175	New date
7th February	Sunday	Pilates and Breast Cancer Rehab: Programmes Day (must have done Foundation)	10am-12.30pm & 1pm-3.30pm	£175	New date
7th February	Sunday	Ski Pilates WORKSHOP	10am-12.30pm & 1.30-3.30pm	£150	New date
13th February	Saturday	Pilates with the Band *EXERCISES RECORDING POST-COURSE!*	10am-12pm & 1pm-3pm	£175	New date
13th February	Saturday	Pilates for Runners (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£175	New date
14th February	Sunday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	£175	New date
20th February	Saturday	Exercise Strategies for Diastasis Recti *WITH RECORDING!*	10am-1pm	£150	New date
20th February	Saturday	Standing Pilates	10am-12pm & 1pm-3pm	£175	New date
27th & 28th February	Sat & Sun	Pilates for the Menopause	10am-12.30pm & 1.30-3.30pm	£275	New date
6th March	Saturday	Pilates and Mental Wellbeing	10.30am-1pm & 2pm-4pm	£175	New date
13th & 14th March	Sat & Sun	Movement *NOW WITH RECORDING!*	10am-12pm & 1.30pm-4pm	£275	New date
20th March	Saturday	Understanding Neurological Disorders and how Pilates can help	10am-12.30pm & 1.30pm-3.30pm	£175	New date
3rd April	Saturday	Pilates for ME/Chronic Fatigue, POTs, Associated Conditions WORKSHOP	10am-12.30pm & 1.30-3.30pm	£150	New date
10th April	Saturday	Reformer for Pre- & Postnatal Clients (must be Reformer, Pregnancy qualified)	10am-1pm	£150	New date
10th & 11th April	Sat & Sun	Adaptations (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	£275	New date
17th April	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	£175	New date
24th April	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	£175	New date
24th April	Saturday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	£175	New date
25th April	Sunday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	£175	New date
25th April	Sunday	Pilates for Runners (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£175	New date
15th May	Saturday	Pilates for Dancers (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£175	New date