BODY CONTROL PILATES: ONLINE COURSES TO APRIL 2027			Daily Time (UK)	Fees
12th November	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	£45
14th November	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	£175
14th & 15th November	Sat & Sun	Pilates for Children & Adolescents *NOW WITH RECORDING!*	10am-12.30pm & 1.30-3.30pm	£275
16th November	Monday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45
20th November	Friday	Pilates on the Foam Roller	10am-12pm & 1pm-3pm	£175
21st November	Saturday	Pilates with the Band *EXERCISES RECORDING POST-COURSE!*	10am-12pm & 1pm-3pm	£175
21st November	Saturday	Pilates for Runners (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£175
25th November	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45
27th November	Friday	Reformer for Pre- & Postnatal Clients (must be Reformer, Pregnancy qualified)	10am-1pm	£150
28th November	Saturday	Pilates and Hypermobility: Programmes Day (must have done Foundation)	10am-12.30pm & 2pm-4.30pm	£175
3rd December	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	£45
5th December	Saturday	Exercise Strategies for Diastasis Recti *WITH RECORDING!*	10am-1pm	£150
5th & 6th December	Sat & Sun	Movement *NOW WITH RECORDING!*	10am-12pm & 1.30pm-4pm	£275
2027				
9th January	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	£175
10th January	Sunday	Understanding Neurological Disorders and how Pilates can help	10am-12.30pm & 1.30pm-3.30pm	£175
16th & 17th January	Sat & Sun	Adaptations (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	£275
19th January	Tuesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45
23rd January	Saturday	Hypopressives for Pilates Teachers: Foundation Day	10am-12.30pm & 1.30-4pm	£195
24th January	Sunday	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia	10am-12.30pm & 1.30-4pm	£195
27th January	Wednesday	CPR Basic Life Support - 18 months certification	9.30am-12.45pm	£45
28th January	Thursday	CPR Basic Life Support - 18 months certification	12pm-3.15pm	£45
29th January	Friday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	£195
30th January	Saturday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	£195
30th January	Saturday	Small Ball & Toning Circle	10am-12pm & 1pm-3pm	£175
30th January	Saturday	Pilates in Prostate Cancer	10am-12.30pm & 1.30pm-4pm	£175
30th & 31st January	Sat & Sun	Pilates for the Older Person	10am-1pm & 2pm-4.30pm	£275
6th February	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	£175
6th February	Saturday	Pilates and Breast Cancer Rehab: Foundation Day	10am-12.30pm & 1pm-3.30pm	£175
7th February	Sunday	Pilates and Breast Cancer Rehab: Programmes Day (must have done Foundation)	10am-12.30pm & 1pm-3.30pm	£175
7th February	Sunday	Ski Pilates WORKSHOP	10am-12.30pm & 1.30-3.30pm	£150
13th February	Saturday	Pilates with the Band *EXERCISES RECORDING POST-COURSE!*	10am-12pm & 1pm-3pm	£175
13th February	Saturday	Pilates for Runners (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£175
14th February	Sunday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	£175
20th February	Saturday	Exercise Strategies for Diastasis Recti *WITH RECORDING!*	10am-1pm	£150
20th February	Saturday	Standing Pilates	10am-12pm & 1pm-3pm	£175
21st February	Sunday	Pilates on the Foam Roller	10am-12pm & 1pm-3pm	£175
27th & 28th February	Sat & Sun	Pilates for the Menopause	10am-12.30pm & 1.30-3.30pm	£275
6th March	Saturday	Pilates and Mental Wellbeing	10am-12.30pm & 1.30pm-3.30pm	£175
6th March	Saturday	Pilates for Golfers	10am-12.30pm & 1.30pm-3.30pm	£175
13th & 14th March	Saturday	Movement *NOW WITH RECORDING!*	10am-12pm & 1.30pm-4pm	£275
20th March	Saturday	Understanding Neurological Disorders and how Pilates can help	10am-12.30pm & 1.30pm-3.30pm	£175
3rd April	Saturday	Pilates for ME/Chronic Fatigue, POTs, Associated Conditions WORKSHOP	10am-12.30pm & 1.30-3.30pm	£150
10th April	Saturday	Reformer for Pre- & Postnatal Clients (must be Reformer, Pregnancy qualified)	10am-1pm	£150
10th & 11th April	Sat & Sun	Adaptations (must have done 'Movement' first)	10am-12pm & 1.30pm-3.30pm	£275
17th April	Saturday	Pilates for Bone Health	10am-12.30pm & 1.30pm-4pm	£175
17th April	Saturday	Hypopressives for Pilates Teachers: Foundation Day	10am-12.30pm & 1.30-4pm	£195
18th April	Sunday	Hypopressives for Pilates Teachers Day 2: Mobilise your Fascia	10am-12.30pm & 1.30-4pm	£195
24th April	Saturday	Pilates for Performance	10am-12.30pm & 2pm-4pm	£175
24th April	Saturday	Pregnancy 1	10am-12.30pm & 1.30pm-4.30pm	£195
25th April	Sunday	Pregnancy 2 (must have done Pregnancy 1)	10am-12.30pm & 1.30pm-4pm	£195
25th April	Sunday	Pilates for Runners (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£175
15th May	Saturday	Pilates for Dancers (must have done Pilates for Performance first)	10am-12.30pm & 2pm-4pm	£175