BODY CONTROL PILATES®

Classes at The Body Control Pilates Centre

Monday Mat & Reformer Classes with Mimo Sulaiman
12pm - 12.45pm Mat Class (all Levels) £12
1pm – 1.45pm Intermediate Level Reformer £20
Book both classes on the same day for £30
Running on Mondays up to end of March 2027

Tuesday Reformer Classes with Valentina Fruzzetti
12pm – 12.45pm Beginner/Intermediate Reformer £20
1pm – 1.45pm Intermediate Reformer £20
Running on Mondays up to end of March 2027
(No class on 1/12 & 16/2)

Wednesday Reformer Classes with Jacquie Biggs
12pm – 12.45pm Beginner/Intermediate Level Reformer £20
1pm – 1.45pm Intermediate Level Reformer £20
Running on Wednesdays up to end of March 2027
(No class on 2/12 & 17/2)

SPECIAL! Wednesday Tower Classes with Jacquie
2.15pm – 3pm Intermediate Tower class £20
On 25th November & 16th December 2026

Thursday Pilates Classes with Hayley Towler
12pm - 12.45pm Student Mat Class £12
1pm – 1.45pm Mat Pilates (all levels) £12
Book both classes on the same day for £20
Running on all Thursdays up to end of March 2027

SPECIAL! Small Equipment Class with Charlie Savage
On Wednesday 2nd December 2026
1.15pm – 2pm £14
(No Reformer class that day!)

New! Studio Sessions with Sarah-Louise Warden & Jacquie Biggs
They will take place 9am – 12pm on the first Friday of the month on;
Friday 6th November 2026
Friday 4th December 2026
Friday 8th January 2027
Friday 5th February 2027
Friday 5th March 2027

£35.00 per hour or £60 for 2 hours in the same sessions

Class Descriptions

Mat Pilates - You will develop your Pilates technique and skills by means of a safe, balanced, effective, total body workout – with particular focus on your core. All Levels.

Reformer Pilates - These classes offer you the chance to achieve an intensive workout which is as much about correct technique as strength and stamina. You will work with different levels of resistance on The Reformer. You should be at least Beginner/Intermediate Matwork level to join Reformer classes.

Tower Class -Body Control Pilates is one of the few studios to offer group classes on the Tower. The Tower is a versatile piece of equipment added to The Reformer, which uses spring resistance to both challenge and support. The spring resistance will promote strength, stamina and balance to enhance your technique and build strong, fluid movements. To join the class you need to be at an Intermediate level in Matwork and have Reformer experience.

Student Classes This class is only open to students on the Body Control Matwork Teacher Training or Bridging courses. We will focus solely on the exercises that you have learnt in your Matwork training. These classes offer an excellent environment in which to develop your technique and advance your understanding. You can be in any stage of your training to join these classes.

Small equipment Class -This mat class includes small equipment to add variations to exercises, can include Toning Circles, balls, stretch bands and small weights. Suitable for all levels.

Studio Sessions are a popular and cost-effective way of training with the full range of equipment in the Pilates studio. Run by Sarah-Louise & Jacquie who work with a maximum of 3-6 clients in a session. An opportunity to work on the full studio equipment including Reformer, Cadillac, Ladder Barrel, Wunda Chair, Mat and much more! (Suitable for all levels)

All classes take place at The Body Control Pilates Centre in Bloomsbury (near Covent Garden)

You can book by calling us on 0207 636 8900 (9am – 4.30pm) Monday – Friday

Contact info@bodycontrolpilates.com with any questions.

Classes are small and we offer a 48hr cancellation policy.

We do recommend booking in at least 24hrs in advance if you can!

Studio classes can be booked individually. All equipment is provided.
https://www.bodycontrolpilates.com/our-london-studio/public-group-classes/

