

ONLINE & OFFLINE CLASS SCHEDULE

BATCH 01 - UAE - 07

BUILD KNOWLEDGE. BUILD SKILLS. BUILD YOUR CAREER.

DATE	DAY	MODE	TOPIC
July 21	Tuesday	ONLINE	Theory & Practice of Fitness
July 23	Thursday	ONLINE	Theory & Practice of Fitness
July 25	Saturday	ONLINE	Theory & Practice of Fitness
July 28	Tuesday	ONLINE	Stretching for Flexibility
July 30	Thursday	ONLINE	Stretching for Flexibility
Aug 01	Saturday	ONLINE	Theory & Practice of Strength
Aug 02	Sunday*	OFFLINE	Stretching for Flexibility
Aug 04	Tuesday	ONLINE	Theory & Practice of Strength
Aug 06	Thursday	ONLINE	Theory & Practice of Strength
Aug 08	Saturday	ONLINE	Advanced Strength Training
Aug 09	Sunday	OFFLINE	Advanced Strength Training
Aug 11	Tuesday	ONLINE	Advanced Strength Training
Aug 13	Thursday	ONLINE	Advanced Strength Training
Aug 15	Saturday	ONLINE	Advanced Strength Training
Aug 16	Sunday	OFFLINE	Advanced Strength Training
Aug 18	Tuesday	ONLINE	Fitness for Special Populations
Aug 20	Thursday	ONLINE	Fitness for Special Populations
Aug 22	Saturday	ONLINE	Fitness for Special Populations
Aug 23	Sunday	OFFLINE	Advanced Strength Training
Aug 25	Tuesday	ONLINE	Functional Strength Training
Aug 27	Thursday	ONLINE	Functional Strength Training
Aug 29	Saturday	ONLINE	Fitness Assessment & Testing
Aug 30	Sunday	OFFLINE	Functional Strength Training

Dates, timings and venues:

- All online sessions from 2:00 pm to 3:00 pm UAE time on Zoom.
- Sessions will be recorded and uploaded on YouTube; links will be shared with you in about 48 hours after the session.
- Pre-recorded sessions in English will be shared with students as per schedule/.
- All OFFLINE sessions from 10:00 am to 3:00 pm on SUNDAYS in: MAX GYM, Dubai Silicon Oasis, or the World of Champions Gym, Abu Hail.
- Dates, timings, venues, etc., may change due to reasons beyond our control.

NOTE:

English and Arabic

- All online and offline training will be in English.
- All eBooks, handouts, etc., are in English and will be shared with students one week before the start of the lessons – subject to timely payment of payment of fee.
- Arabic eNOTES and YouTube links to lessons, in some important topics, will be shared, via email, with Arabic speaking students.
- It is not possible to translate the full syllabus from English to Arabic. The student will have to use external translation facility for this purpose.
- "ONLY ARABIC" lectures will be scheduled only if there are a minimum of EIGHT (8) students who opt for Arabic medium classes. Additional fee may be charged for the purpose.

Assessment

- Student will be assessed on completion of the entire course with attendance of at least 50% and completion of all fees due payable.

LEARNING RESOURCES



All books in English and, where possible, eNotes in Arabic will be shared with students one week before the start of the lessons – subject to payment of fee.

CONTACT

Course Coordinators

Hena James +971 58 249 9750

(English / Malayalam / Hindi)

Amara Al Ahmad +971 55 551 4839

(English / Arabic / French)

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DATE	DAY	MODE	TOPIC
Sep 01	Tuesday	ONLINE	Fitness Assessment & Testing
Sep 03	Thursday	ONLINE	Exercise Prescription
Sep 05	Saturday	ONLINE	Exercise Prescription
Sep 06	Sunday	OFFLINE	Fitness Assessment & Testing
Sep 08	Tuesday	ONLINE	Intro to Diet & Nutrition
Sep 10	Thursday	ONLINE	Intro to Diet & Nutrition
Sep 12	Saturday	ONLINE	Intro to Diet & Nutrition
Sep 13	Sunday	OFFLINE	Training & Spotting Clients
Sep 15	Tuesday	ONLINE	Intro to Diet & Nutrition
Sep 20	Sunday	OFFLINE	Student Assessments
Sep 27	Sunday	OFFLINE	First Aid & CPR with AED

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