

Pilates on Mat

Batch # 03A – UAE – 08



August 15 to September 30, 2026

Aug 17		ONLINE:	History & Philosophy of Pilates
Aug 19		ONLINE:	Principles of Pilates
Aug 21		ONLINE:	Principles of Pilates
Aug 23		ONLINE:	Anatomy of Pilates
Aug 26		ONLINE:	Anatomy of Pilates
Aug 29		ONLINE:	Pilates Assessment & Testing
Sep 01		ONLINE:	Pilates Assessment & Testing
Sep 03		ONLINE:	Pilates Exercise Prescription
Sep 05		ONLINE:	Pilates Exercise Prescription
Sep 06		OFFLINE:	Pilates Assessment Tests
Sep 12		OFFLINE:	Pilates Matwork
Sep 13		OFFLINE:	Pilates Matwork
Sep 19		OFFLINE:	Pilates Matwork
Sep 20		OFFLINE:	Pilates Matwork and Ball
Sep 26		OFFLINE:	Pilates for Injuries Rehab & Prehab
Sep 27		OFFLINE:	Pilates for Injuries Rehab & Prehab
Sep 28		OFFLINE:	Student assessment



NOTE: DATES, TIMINGS & VENUES

1. All online sessions from 2:00 pm to 3:00 pm UAE time on Zoom.
2. Sessions will be recorded and uploaded on YouTube; links will be shared with you in about 48 hours after the session.
3. Pre-recorded sessions in English will be shared with students as per schedule.
4. Home assignments will be allotted and submitted on time as per schedule announced on periodic basis.
5. All OFFLINE sessions from 10:00 am to 3:00 pm on SUNDAYS; Venue will be confirmed separately
6. Dates, timings, venues, etc., may change due to reasons beyond our control.



LEARNING RESOURCES

6. All online and offline training will be in English.
7. 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.
8. 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.
10. "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

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



CONTACT:



Amara Al Ahmad – English / Arabic / French:

+971 55 551 4839



Hena James – English / Hindi / Malayalam:

+971 58 249 9750