

TIMELINE

PILATES ON MAT TEACHER COURSE - UAE

START DATE	October 10, 2026	END DATE	November 15, 2026
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DATE	ONLINE / OFFLINE	SUBJECT
Oct 10	ONLINE	Theory & Practice of Fitness
Oct 11	OFFLINE	Pilates on Mat
Oct 13	ONLINE	Theory & Practice of Fitness
Oct 15	ONLINE	Philosophy and History of Pilates
Oct 17	ONLINE	Principles of Pilates
Oct 18	OFFLINE	Pilates on Mat
Oct 20	ONLINE	Principles of Pilates
Oct 22	ONLINE	Anatomy of Pilates
Oct 24	ONLINE	Anatomy of Pilates
Oct 25	OFFLINE	Pilates on Mat
Oct 27	ONLINE	Anatomy of Pilates
Oct 29	ONLINE	Matwork practice
Oct 31	ONLINE	Matwork practice
Nov 01	OFFLINE	Pilates on Mat and Ball
Nov 03	ONLINE	Fitness Assessment & Testing
Nov 05	ONLINE	Fitness Assessment & Testing
Nov 07	ONLINE	Pilates Exercise Prescription
Nov 08	OFFLINE	Fitness Assessment & Exercise Prescription
Nov 10	ONLINE	Pilates Exercise Prescription
Nov 12	ONLINE	Matwork practice
Nov 14	ONLINE	Matwork practice
Nov 15	OFFLINE	Student Assessments



ONLINE: 01:00 pm to 02:30 pm - via ZOOM



OFFLINE: 09:30 am to 05:30 pm

NOTES

1. Timings in UAE time:

- Online: 01:00 pm to 02:30 pm - via ZOOM
- Offline: 09:30 am to 05:30 pm - in WORLD OF CHAMPIONS Gym, Abu Hail, Deira.

2. Learning resources will be shared via email. The student is expected to print the book/s and bring them to class. Hardcopies of the books are available at extra cost.

3. Dates, timings, subjects of presentations and/or teaching faculty may change for reasons beyond our control; all possible efforts will be made to inform the students and faculty in advance.

4. Training and lectures fully in Arabic are possible if there are a minimum of eight (08) Arabic-speaking students who specifically opt for Arabic-medium instruction and training.

5. Online classes are common to all students irrespective of their location; offline training will be conducted in Abu Dhabi, Al Ain, Fujairah or Sharjah only if we have at least ten (10) students per location.