GĀYO FITNESS
SPORTS ACADEMY
اكاديمية جايو للياقة البدنية

FITNESS EDUCATION ■ CONSULTING ■ MANAGEMENT

PILATES ON MAT & BALL

DUBAI | October 12 to November 30, 2026

TIMETABLE

DATE	ONLINE / OFFLINE	SUBJECT	PRESENTER
Oct 12	Online	Email of LEARNING RESOURCES	Student Affairs Office
Oct 13	Online	Theory & Practice of Fitness	Mini P
Oct 15	Online	Theory & Practice of Fitness	Mini P
Oct 17	Online	Philosophy and History of Pilates	Saima Khan
Oct 18	OFFLINE	Pilates on Mat – 1	Kateryna Zaitseva
Oct 20	Online	Principles of Pilates	Saima Khan
Oct 22	Online	Principles of Pilates	Saima Khan
Oct 24	Online	Anatomy of Pilates	Saima Khan
Oct 25	OFFLINE	Pilates on Mat – 2	Kateryna Zaitseva
Oct 27	Online	Anatomy of Pilates	Saima Khan
Oct 29	Online	Introduction to Matwork practice	Saima Khan
Oct 31	Online	Introduction to Matwork practice	Saima Khan
Nov 01	OFFLINE	Pilates on Mat – 3	Kateryna Zaitseva
Nov 03	Online	Fitness Assessment & Testing	Mini P
Nov 05	Online	Fitness Assessment & Testing	Mini P
Nov 07	Online	Pilates Exercise Prescription	Mini P
Nov 08	OFFLINE	Pilates on Mat and Ball – 4	Kateryna Zaitseva
Nov 09 to Nov 14	GUIDED HOMESTUDY	Matwork and Ball practice	Self-study
Nov 15	OFFLINE	Student Assessments	To be decided
To be confirmed	OFFLINE	First Aid & CPR with AED	To be decided
To be confirmed	OFFLINE	Fitness Assessment & Testing	Kateryna Zaitseva

NOTE

1. The timetable is based on the assumption that we have 10 students. If the number is less, the number of online sessions may be reduced.
2. Timings in UAE time:
   Online: 12:30 pm to 01:30 pm – via ZOOM
   Offline: 10:30 am to 03:00 pm – in WORLD OF CHAMPIONS Gym, Abu Hail, Deira.
3. Learning Resources (LRs) will be shared via email. LRs include eBOOKs, access to exercise videos, YouTube links to pre-recorded and "live" online sessions.
4. The student is expected to print the book/s and bring them to class. Hardcopies of the books are available at extra cost.
5. 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.
6. 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.

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www.gayofitnessacademy.com