EUROPEAN STANDARDS europe active

CĀYO FITNESS ACADEMY
AND RESEARCH CENTER PRIVATE LIMITED
Professional Education. Consulting. Management.

SPEFL-SC
Sports & Fitness Sector Skill Council
Creating Livelihoods Through Sports and Fitness

PILATES ON MAT TEACHER COURSE

MUMBAI | November 15 to December 17, 2026

Enroll before November 11 and avail 10% DIWALI discount (T&Cs apply)!

FEE • INCLUSIONS • EXCLUSIONS

FEE PAYMENT SCHEME 1

Pay 01 sum / Credit Card
MOST PREFERRED!

FEE	**₹40,000**
Less discount	**05%**
NET PAY	**₹38,000**
Add @ 5% GST	**₹1,900**

YOU PAY: ₹39,900

INCLUSIONS

Per attendance and passing of exams

1. CĀYO FITNESS SPORTS ACADEMY Pilates on Mat teacher
2. EUROPEAN STANDARDS EREPS Level 4 Pilates Matwork teacher
3. Complimentary certificates
4. Pilates on Ball teacher
5. Fitness Assessment & Exercise Prescription

c. First Aid & CPR with AED

LEARNING RESOURCES

Per course / fee payment schedule

- eBOOKs
- "Viewer" access to exercise videos for 60 days after certification
- YouTube links to pre-recorded and "live" online sessions
- Post-certification mentoring
- Internship - conditions apply

EXCLUSIONS

Ask for pricing

- Skills India NSQF Level exam & certification
- European Standards EREPS Level 4 Pilates Mat teacher certificate
- Meals, travel and accommodation
- Hardcopies of books
- Hardcopies of certificates

FEE PAYMENT SCHEME 2

Pay in MAX 3 EQUAL
monthly instalments

FEE	**₹40,000**
Less discount	**NIL**
NET PAY	**₹40,000**
Add @ 5% GST	**₹2,000**

YOU PAY: ₹42,000

INCLUSIONS

Per attendance and passing of exams

1. CĀYO FITNESS SPORTS ACADEMY Pilates on Mat teacher
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TIMETABLE

ONLINE | 01:00 pm to 2:30 pm
Zoom webinar

Nov 15	History & Philosophy of Pilates
Nov 17	History & Philosophy of Pilates
Nov 19	Principles of Pilates Part 1
Nov 21	Principles of Pilates Part 2
Nov 24	Anatomy of Pilates Part 1
Nov 26	Anatomy of Pilates Part 2
Nov 28	Introduction to Pilates Exercises - 1
Dec 01	Introduction to Pilates Exercises - 2
Dec 02-10	Home Study & Practice
Dec 15	Fitness Tests & Exercise Prescription 1
Dec 17	Fitness Tests & Exercise Prescription 1

OFFLINE | 10 am to 4:30 pm
CURVE PILATES Studio, Link Road, Andheri (W)

December 11
Matwork Practice - 1

December 12
Matwork Practice - 2

December 13
Matwork and Ball Practice - 3

December 20
Matwork and Ball exams - tentative

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