

Blended Workshop

SPECIALIST IN

FITNESS ASSESSMENT & EXERCISE PRESCRIPTION

FEE	INCLUSIONS	EXCLUSIONS
<ul style="list-style-type: none"> General: AED650 + 5% VAT Available – Discount; Instalment facility via TABBY or TAMARA Fee must be paid in full before the start of the workshop. This workshop is COMPLIMENTARY (free) for GĀYO students enrolled to our CURRENT batches in the following courses: <ul style="list-style-type: none"> Personal Trainer Fitness Center Management Strength & Sports Conditioning Bodybuilding Coaching Payment of fee and / or submission of enrolment form acknowledges that you have accepted the terms and conditions of enrolling to and participating in the course. 	<ul style="list-style-type: none"> Soft copy of the Specialist in FITNESS ASSESSMENT & EXERCISE PRESCRIPTION certificate 10 CPDs for REPS UAE certification renewal eBOOK “Viewer” access to exercise videos for 60 days from date of certification; thereafter, you have the option to pay yearly subscription fee of AED125 + 5% VAT to access regularly updated library of 100+ videos. 	<ul style="list-style-type: none"> Hardcopy of the eBOOK Hardcopy of the certificate Meals / refreshments and / or accommodation. CEUs for ISSA / NSCA / other certification which may be applicable from time to time – check before enrolment.

OUTLINE & TIMETABLE

November 3 to December 1, 2026

Date	Online / Offline	Subject	Presenter
Nov 03	Online	Fitness Assessment & Testing	Mini P
Nov 05	Online	Fitness Assessment & Testing	Mini P
Nov 29	OFFLINE	Fitness Assessment & Testing	Prasanth P
Dec 01	Online	Exercise Prescription	Prasanth P

NOTE:

- Timings in UAE time:
 - Online: 02:00 pm to 03:30 pm – via ZOOM
 - Offline: 09:30 am to 05:30 pm – in WORLD OF CHAMPIONS Gym Abu Hail, Deira.
- Training dates, timings and / or teaching faculty may change.