GĀYO FITNESS
SPORT ACADEMY
أكاديمية جايو للياقة البدنية

FITNESS EDUCATION ■ CONSULTING ■ MANAGEMENT

Blended Workshop

SPECIALIST IN FUNCTIONAL RANGE OF MOTION

FEE

- **General: AED500 + 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:
  - 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.

INCLUSIONS

- Soft copy of the Specialist in **FUNCTIONAL RANGE OF MOTION** 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 AED175 + 5% VAT to access regularly updated library of 100+ videos.

EXCLUSIONS

- Hardcopies 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 12 to 15, 2026

Date	Online / Offline	Subject	Presenter
Nov 12	Online	Functional Range of Motion – 1	Kateryna Zaitseva
Nov 14	Online	Functional Range of Motion – 2	Kateryna Zaitseva
Nov 15	**OFFLINE**	**Functional Range of Motion**	**Kateryna Zaitseva**

NOTE:

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

DM | **Hena Jaimes +971 58 249 9750** | **Amara Al Ahmad +971 55 551 4839**