

# Certificate Course for PERSONAL FITNESS TRAINERS

## COURSE OUTLINE & TIMETABLE

**October 10 - December 31, 2026**

| Date   | Online / Offline | Subject                                  | Presenter                |
|--------|------------------|------------------------------------------|--------------------------|
| Oct 13 | Online           | Theory & Practice of Fitness             | Mini P                   |
| Oct 15 | Online           | Theory & Practice of Fitness             | Mini P                   |
| Oct 17 | Online           | Theory & Practice of Strength - 1        | Ratnadeep T              |
| Oct 18 | Online           | Theory & Practice of Strength - 2        | Ratnadeep T              |
| Oct 20 | Online           | Theory & Practice of Strength - 3        | Ratnadeep T              |
| Oct 22 | Online           | Advanced Strength Training - 1           | Ratnadeep T              |
| Oct 24 | Online           | Advanced Strength Training - 2           | Ratnadeep T              |
| Oct 25 | OFFLINE          | <b>Advanced Strength Training - A</b>    | <b>Ashwand TM</b>        |
| Oct 27 | Online           | Advanced Strength Training - 3           | Ratnadeep T              |
| Oct 29 | Online           | Physiology & Kinesiology - 1             | Meenakshi                |
| Oct 31 | Online           | Physiology & Kinesiology - 2             | Meenakshi                |
| Nov 01 | OFFLINE          | <b>Advanced Strength Training - B</b>    | <b>Ashwand TM</b>        |
| Nov 03 | Online           | Fitness Assessment & Testing             | Mini P                   |
| Nov 05 | Online           | Fitness Assessment & Testing             | Mini P                   |
| Nov 07 | Online           | Physiology & Kinesiology - 3             | Meenakshi                |
| Nov 08 | OFFLINE          | <b>Advanced Strength Training - C</b>    | <b>Ashwand TM</b>        |
| Nov 10 | Online           | Physiology & Kinesiology - 4             | Meenakshi                |
| Nov 12 | Online           | Functional Range of Motion - 1           | Kateryna Zaitseva        |
| Nov 14 | Online           | Functional Range of Motion - 2           | Kateryna Zaitseva        |
| Nov 15 | OFFLINE          | <b>Functional Range of Motion</b>        | <b>Kateryna Zaitseva</b> |
| Nov 17 | Online           | Physiology & Kinesiology - 5             | Meenakshi                |
| Nov 19 | Online           | Functional Strength Training - 1         | Kateryna Zaitseva        |
| Nov 21 | Online           | Functional Strength Training - 2         | Kateryna Zaitseva        |
| Nov 22 | OFFLINE          | <b>Functional Strength Training</b>      | <b>Kateryna Zaitseva</b> |
| Nov 24 | Online           | Fitness for Special Populations - 1      | Meenakshi                |
| Nov 26 | Online           | Fitness for Special Populations - 2      | Meenakshi                |
| Nov 28 | Online           | Intro to Nutrition - 1                   | Shahala P                |
| Nov 29 | OFFLINE          | <b>Fitness Assessment &amp; Testing</b>  | <b>Suresh Chaurasia</b>  |
| Dec 01 | Online           | Exercise Prescription                    | Meenakshi                |
| Dec 03 | Online           | Intro to Nutrition - 2                   | Shahala P                |
| Dec 05 | Online           | Intro to Nutrition - 3                   | Shahala P                |
| Dec 06 | OFFLINE          | <b>Personal Training &amp; Spotting</b>  |                          |
| Dec 08 | Online           | Intro to Nutrition - 4                   | Shahala P                |
| Dec 10 | Online           | Intro to Nutrition - 5                   | Shahala P                |
| Dec 13 | OFFLINE          | <b>16 X 8 MATRIX - Personal Training</b> | <b>Dilip</b>             |
|        | OFFLINE          | <b>FACPR</b>                             |                          |

### NOTE:

#### 1. 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.

**2. Training dates, timings and / or teaching faculty may change.**

**ASK FOR DETAILS and T&Cs**

### REPS UAE CPDs\*

The CCPFT course includes these COMPLIMENTARY (free) training workshops.

Each of them is also available for CPDs and expanding training skills @ individual fee. Ask for details.

- **Advanced Strength Training 16 CPDs**
- **Functional Range of Motion 10 CPDs**
- **Functional Strength Training 10 CPDs**
- **Fitness Assessment & Exercise Prescription 10 CPDs**

\*for renewal of REPS UAE certificates already awarded