REPs UAE
ENTRY QUALIFICATION

GĀYO FITNESS SPORT ACADEMY
أكاديمية جايو للياقة البدنية
FITNESS EDUCATION ■ CONSULTING ■ MANAGEMENT

EUROPEAN STANDARDS
europeactive

Pilates on Reformer

November 11 to 25, 2026



COURSE SCHEDULE & SYLLABUS

Date	Details
Nov 13	**ONLINE:** Principles of REFORMER Pilates - SAIMA
Nov 14	**OFFLINE:** pREHAB - Meenakshi
Nov 15	**OFFLINE:** pREHAB - Meenakshi
Nov 17	**ONLINE:** REFORMER safety and set-up - SAIMA
Nov 19	**OFFLINE:** Reformer Exercises - SAIMA
Nov 20	**OFFLINE:** Reformer Exercises - SAIMA
Nov 21	**OFFLINE:** Reformer Exercises - SAIMA
Nov 22	**OFFLINE:** Reformer Exercises - SAIMA
Nov 23	**OFFLINE:** Reformer Exercises - exams

NOTE:

1. All online sessions from 2:00 pm to 3:00 pm UAE time on Zoom.
2. Sessions will be recorded and uploaded on YouTube; links will be shared with you in about 48 hours after the session.
3. Pre-recorded sessions in English will be shared with students as per schedule.
4. Home assignments will be allotted and submitted on time as per schedule announced on periodic basis.
5. All OFFLINE sessions from 09:30 am to 05:30 pm; venue will be confirmed separately.
6. Dates, timings, venues, etc., may change due to reasons beyond our control.

YOUR PRESENTER



Saima Khan

USA-trained Pilates teacher with 10+ years as a Pilates Master Trainer. Focus Awards (UK) E&T and IQA Level 3 certified; EREPS Level 4 Personal Trainer. Passionate teacher with clear English communication.

CONTACT:

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