

PILATES ON CADILLAC TEACHER COURSE

Approved for 16 CPDs REPS UAE

DUBAI | November 27 to 29, 2026
VENUE: Ultimate Pilates Studio - Al Barsha 1

TIMELINE

All timings in UAE local time

TIMINGS	SESSION	VENUE / APPARATUS
DAY 1 • NOVEMBER 27		
09:30 – 10:00	REGISTRATION	Classroom
10:00 – 10:15	Breaking Ice with Learners	Classroom
10:15 – 11:00	Role and History of Cadillac – Trapeze Tower in Pilates	Classroom
11:00 – 12:15	Revision: Pilates Breathing, Pilates Muscles	Studio
12:15 – 13:00	Introduction to the Cadillac	Studio / Cadillac
13:00 – 13:30	Lunch	
13:30 – 14:30	Cadillac Set-Up and Safety	Studio / Cadillac
14:30 – 16:00	Foundation Exercises	Studio / Cadillac
16:00 – 16:30	Student Feedback and Discussion	Classroom
DAY 2 • NOVEMBER 28		
10:00 – 11:30	Exercises – Leg Springs	Studio / Cadillac
11:30 – 13:00	Exercises – Arm Springs/Pulls	Studio / Cadillac
13:00 – 13:30	Lunch	
13:30 – 15:30	Exercises – Push-Through Bar	Studio / Cadillac
15:30 – 16:30	Exercises – Roll Back Bar	Studio / Cadillac
DAY 3 • NOVEMBER 29		
10:00 – 12:30	Exercises – Trapeze	Studio / Cadillac
12:30 – 13:30	Matwork for Trapeze	Studio / Cadillac
13:30 – 14:00	Lunch	
14:00 – 15:00	Case Studies and Planning of Pilates Mat and Apparatus Exercise Sequences	Studio / Cadillac
15:00 – 16:30	Assessments	Studio / Cadillac

PRESENTER

Saima Khan



With nearly 12 years' experience in personal training and Pilates, she is a certified Pilates Teacher on Mat and Apparatus (Pilates Institute of America, USA, GĀYO Fitness Academy, India) and qualified Focus Awards (UK) Level 3 tutor, assessor and quality assurer.

With her extensive experience as certified personal trainer and Yoga teacher she brings an integrated approach to Pilates through sound communication skills and the passion to share her knowledge and experience.