Blended Workshop

SPECIALIST IN ADVANCED STRENGTH TRAINING

FEE

General: AED950 + 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 ADVANCED STRENGTH TRAINING certificate

• 16 CPDs for REPS UAE certification renewal

• eBOOKS

• "Viewer" access to exercise videos for 60 days from date of certification; thereafter, you have the option to pay yearly subscription fee of **AED250 + 5% VAT** to access regularly updated library of **700+ videos.**

EXCLUSIONS

• Hardcopies of the eBOOKs

• Hardcopy of the certificate

• Meals / refreshments and / or accommodation.

• CEUs for ISSA / NSCA / other certification which may be applicable from time to time.

OUTLINE & TIMETABLE

October 17 to November 8

Date	Online / Offline	Subject	Presenter
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**	**Advanced Strength Training – A**	**Ashwand TM**
Oct 27	Online	Advanced Strength Training – 3	Ratnadeep T
Nov 01	**OFFLINE**	**Advanced Strength Training – B**	**Ashwand TM**
Nov 08	**OFFLINE**	**Advanced Strength Training – C**	**Ashwand TM**

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