



IQ Lifestyle

COURSE PROSPECTUS

Level 2 Award in Instructing Studio Cycling

Focus Awards · 10 REPS UAE CPD Points

FITNESS EDUCATION & CORPORATE WELLNESS — DUBAI, UAE

CPD COURSE · STUDIO CYCLING

Level 2 Award in Instructing Studio Cycling

FOCUS AWARDS

10 REPS UAE CPD POINTS

CPD Points	10 REPS UAE CPD Points
Pre-requisite	Full Status registration with REPS UAE — ideally as a Group Fitness Instructor or Exercise to Music instructor, though other disciplines are eligible
Training Date	24 October 2026
Location	Metrofitt, City Tower 2, Sheikh Zayed Road, Dubai

Full International Certification

To receive the full international certificate, you must be registered as Full Status with REPS UAE — ideally as a Group Fitness Instructor or Exercise to Music instructor, though other disciplines are eligible. If you are not yet Full Status, you can still complete the course and receive an in-house IQ Lifestyle certificate, but you will not be eligible for the full international certification until your REPS UAE status is upgraded.

What The Course Covers

This course covers the programming and delivery of instructor-led studio cycling sessions.

Assessment

To receive your certificate, you must complete online quizzes, programme design and coursework, and a practical assessment.



Payments

This course is offered at a fixed CPD rate. The only reduced rate available is:

- **Early Bird** — book and pay ahead of the standard registration deadline (first 5 registrations only).

Flexible Payment Plans

For those who'd prefer to spread the cost, we offer flexible instalment plans through Tabby and Tamara.

Course Policies

Refunds & Transfers

All course fees are non-refundable and non-transferable.

Course Completion

Courses must be completed within six months of the first mandatory training date. If a participant misses a mandatory training date, they will need to catch up in their own time.

Attendance

Participants must attend at least 80% of the course to pass. Missing scheduled training days significantly increases the risk of not passing, and participants who do not meet the 80% attendance requirement may not be eligible to register with REPS UAE.

Course Scheduling

Courses run according to demand and coach supply needs, including requests from our partner venues, and are not run every month. Advertised dates reflect planned courses only — a new course is scheduled once the currently advertised course is underway.

Bookings & Waitlist

Bookings close once a course reaches its maximum number of participants, or seven days before the first mandatory training date — whichever comes first. After this point, further registrations go onto a waitlist.



Fees

Standard Rate — card / Tabby / Tamara / instalments

AED 1,500 + VAT

Early Bird — one-time bank transfer (first 5 registrations only)

AED 1,200 + VAT

This is a fixed-rate CPD course. No additional discounts apply beyond the Early Bird rate above — this includes REPS UAE membership and IQ Lifestyle graduate/student discounts.

Location

Metrofitt, City Tower 2

Sheikh Zayed Road, Dubai, United Arab Emirates



Scan or tap for map

Ready to Register?

Complete the IQ Lifestyle registration form to secure your place. Registrations and payments must be made at least 7 days before the course start date. Once submitted, an invoice will be sent for payment within 7 days.



Scan or tap to register

Or register directly at: form.jotform.com/242814502945457