



สถาบันฝึกอบรมบุคลากรด้านการสอนออกกำลังกายมาตรฐานสากล

Training World-Class Fitness Professionals

- Certification Training
- Seminars & Workshops
- Personal Training, Yoga, Pilates, Group Fitness and Sport Conditioning



CERTIFICATION COURSES	DAYS & TIMES	TIME	CLASS HOURS	STARTS	ENDS	COURSE PRICE 2018	EARLY BIRD RATE (Expired date)
Certified Personal Trainer - Thai	Mon Thu	1 - 4 pm	90	5-Mar-18	18-Jun-18	37,300	19-Feb-18
Certified Personal Trainer - Eng Intensive	Mon - Fri	9 am - 4 pm	72	5-Mar-18	23-Mar-18	34,200	19-Feb-18
Certified Personal Trainer - Thai	Mon Wed Fri	9 am - 12 pm	90	23-Apr-18	29-Jun-18	37,300	9-Apr-18
Certified Personal Trainer - Thai Intensive 4 weeks (NEW)	Mon - Fri	9 am - 4 pm	90	4-Jun-18	27-Jun-18	42,800	21-May-18
International Yoga Teacher Training (Yoga Alliance®)	Mon Wed Fri	1 - 4 pm	200	5-Mar-18	16-Jul-18	95,000	19-Feb-18
International Yoga Teacher Training (Yoga Alliance®)	Sat	9 am - 5 pm	200	3-Mar-18	22-Sep-18	95,000	17-Feb-18
Balanced Body CoreAlign Instructor Training (Thai)	Sun	9 am - 6 pm	32	4-Feb-18	25-Feb-18	42,500	15-Dec-17
Balanced Body Pilates Mat Instructor Training (Thai)	Tue Thu	1.30-5.30 pm	47	15-Mar-18	17-May-18	42,400	1-Mar-18
Balanced Body Pilates Mat Instructor Training (Thai)	Tue Thu	9 am - 12 pm	47	20-Mar-18	5-Jun-18	42,400	6-Mar-18
Balanced Body Pilates Mat Instructor Training (Thai)	Sat	9 am - 4 pm	47	24-Mar-18	16-Jun-18	42,400	10-Mar-18
Balanced Body Pilates Reformer Instructor Training (Thai)	Sat	9 am - 4 pm	48	7-Jul-18	1-Sep-18	60,800	23-Jun-18
Balanced Body Pilates Apparatus Instructor Training (Thai)	Sat	9 am - 4.30 pm	48	10-Nov-18	15-Dec-18	60,800	27-Oct-18

CONTINUING EDUCATION COURSES (Short Courses)	DAYS & TIMES	TIME	CECs	STARTS	ENDS	COURSE PRICE	EARLY BIRD RATE (Expired date)
<b>February</b>							
Weight Loss Specialist (Thai)	Fri&Sun	9 am - 4 pm	1.2	2-Feb	4-Feb	8,500	Full
Weight Loss Specialist (Eng)	Mon&Wed	9 am - 4 pm	1.2	5-Feb	7-Feb	8,500	22-Jan-18
Basic Life Support (CPR&AED) Thai	Mon	1 - 4 pm	0.0	12-Feb	12-Feb	2,600	29-Jan-18
TRX Group Suspension Training (Thai)	Fri	9 am - 5 pm	0.7	16-Feb	16-Feb	11,100	2-Feb-18
Metafit Course (Thai)	Wed	10.30 - 5 pm	0.6	21-Feb	21-Feb	7,600	7-Feb-18
FTI Fundamentals of Kettlebells Course Level 1 (Thai)	Sun	9 am - 5 pm	0.8	25-Feb	25-Feb	8,600	11-Feb-18
Basic Life Support (CPR&AED) Thai	Mon	9 am - 12 pm	0	26-Feb	26-Feb	2,600	12-Feb-18
Sport Injuries - Signs, Symptoms and Prevention (Thai)	Mon Tue Wed	9 am - 12 pm	0.9	26-Feb	28-Feb	5,900	12-Feb-18
<b>March</b>							
MetaPWR Course by Danial & Noppadol (Eng/Thai)	Fri	10.30 - 5 pm	0.6	2-Mar	2-Mar	9,100	16-Feb-18
Basic Life Support (CPR&AED) Eng	Wed	9 am - 12 pm	0	7-Mar	7-Mar	2,600	21-Feb-18
Training Pregnant and Post-Partum Clients (Thai)	Wed-Fri	1pm - 4 pm	0.9	7-Mar	9-Mar	5,900	21-Feb-18
Weight Loss Specialist (Thai)	Fri&Sat	9 am - 4 pm	1.2	16-Mar	17-Mar	8,500	2-Mar-18
BOSU Complete Workout System Certification	Fri	9 am - 5 pm	0.8	23-Mar	23-Mar	7,200	9-Mar-18
Sports Nutrition -Fueling Performance (ISSN SNS Exam Prep) (Thai)	Fri Sat	1-4pm,9am-4pm	0.9	23-Mar	24-Mar	5,900	9-Mar-18
Basic Life Support (CPR&AED) Thai	Wed	9 am - 12 pm	0	28-Mar	28-Mar	2,600	14-Mar-18
Youth Exercise Essential (Thai)	Fri	9 am - 4 pm	0.6	30-Mar	30-Mar	4,600	16-Mar-18
<b>April</b>							
Basic Life Support (CPR&AED) Thai	Mon	9 am - 12 pm	0	3-Apr	3-Apr	2,600	20-Mar-18
Metafit Course (Thai)	Tue	10.30 - 5 pm	0.6	10-Apr	10-Apr	7,600	27-Mar-18
TriggerPoint Level 2 Myofascial Compression Techniques (Thai)	Thu	9 am - 5 pm	0.8	19-Apr	19-Apr	7,800	5-Apr-18
Women's Fitness Essential (Thai)	Fri	9 am - 4 pm	0.6	20-Apr	20-Apr	4,600	6-Apr-18
Fitness Nutrition Specialist (Thai)	Sat	9 am - 4 pm	1.2	21-Apr	28-Apr	8,500	7-Apr-18
Training Clients with Lower Back Pain (Thai)	Fri	9 am - 4 pm	0.6	27-Apr	27-Apr	4,600	12-Apr-18

FITNESS INNOVATIONS (THAILAND) LIMITED : BTS Ploenchit Station, Bangkok. Call us 02 650 9242 or Facebook : fit.thailand