



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 Wed Fri	9 am - 12 pm	90	23-Apr-18	29-Jun-18	37,300	FULL
Certified Personal Trainer - Thai	Wed Fri	9 am - 12 pm	90	11-May-18	24-Aug-18	37,300	27-Apr-18
Certified Personal Trainer - Eng	Tue Thu	9 am - 12 pm	90	15-May-18	28-Aug-18	37,300	1-May-18
Certified Personal Trainer - Thai	Tue Thu	9 am - 12 pm	90	15-May-18	28-Aug-18	37,300	1-May-18
Certified Personal Trainer - Thai	Tue Thu	1-4 pm	90	22-May-18	6-Sep-18	37,300	8-May-18
Certified Personal Trainer - Thai	Mon Wed	1-4 pm	90	23-May-18	10-Sep-18	37,300	9-May-18
Certified Personal Trainer - Thai	Tue Wed	1-4 pm	90	30-May-18	11-Sep-18	37,300	16-May-18
Certified Personal Trainer (NSCA-english exam) - Thai	Mon Fri	Mon 9am-1pm Fri 12.30-4.30pm	60	8-Jun-18	3-Aug-18	27,900	25-May-18
Certified Personal Trainer - Thai	Mon Thu	1-4 pm	90	2-Jul-18	29-Oct-18	37,300	18-Jun-18
Certified Personal Trainer - Thai	Sat	9am-4pm	90	7-Jul-18	10-Nov-18	37,300	FULL
Certified Personal Trainer - Thai	Sat	9am-4pm	90	21-Jul-18	24-Nov-18	37,300	7-Jul-18
Certified Personal Trainer - Thai Intensive 4 weeks (NEW)	Mon - Fri	9 am - 4 pm	90	4-Jun-18	27-Jun-18	42,800	FULL
Certified Personal Trainer - Thai Intensive 3 weeks	Mon - Fri	9 am - 4 pm	72	3-Sep-18	21-Sep-18	34,200	20-Aug-18
Health Coach (Includes ACE textbook) - ACE English Exam	Tue Thu	1 - 5 pm	30	4-Sep-18	27-Sep-18	25,900	21-Aug-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 Pilates Mat Instructor Training (Thai)	Tue Thu	9 am - 12 pm	47	24-Apr-18	21-Jun-18	42,400	10-Apr-18
Balanced Body Pilates Reformer Instructor Training (Thai)	Sat	9 am - 4 pm	48	7-Jul-18	1-Sep-18	64,200	23-Jun-18
Balanced Body Pilates Reformer Instructor Training (Thai)	Tue Thu	1.30-5.30pm	48	28-Aug-18	18-Oct-18	64,200	14-Aug-18
Balanced Body Pilates Apparatus Instructor Training (Thai)	Sat	9 am - 4.30 pm	48	10-Nov-18	15-Dec-18	56,500	27-Oct-18
CONTINUING EDUCATION COURSES (Short Courses)	DAYS & TIMES	TIME	CECs	STARTS	ENDS	COURSE PRICE	EARLY BIRD RATE (Expired date)
March							
Weight Loss Specialist (Thai)	Fri&Sat	9 am - 4 pm	1.2	16-Mar	17-Mar	8,500	FULL
Sports Nutrition -Fueling Performance (Thai) (ISSN SNS Exam Prep)	Fri Sat	Fri1-4pm Sat 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
April							
Basic Life Support (CPR&AED) Thai	Tue	9 am - 12 pm	0	3-Apr	3-Apr	2,600	FULL
Metafit Course (Thai)	Tue	10am - 5 pm	0.6	10-Apr	10-Apr	7,600	27-Mar-18
Women's Fitness Essential (Thai)	Fri	9 am - 4 pm	0.6	20-Apr	20-Apr	4,600	FULL
Fitness Nutrition Specialist (Thai)	Sat	9 am - 4 pm	1.2	21-Apr	28-Apr	8,500	FULL
Basic Life Support (CPR&AED) Thai	Mon	9 am - 12 pm	0	23-Apr	23-Apr	2,600	9-Apr-18
TriggerPoint Level 2 Myofascial Compression Techniques (Thai)	Fri	9 am - 5 pm	0.8	27-Apr	27-Apr	7,800	5-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
May							
BOSU Complete Workout System Certification (Thai)	Fri	9 am - 5 pm	0.8	4-May	4-May	7,200	20-Apr-18
Weight Loss Specialist (Eng)	Wed Fri	9 am - 4 pm	1.2	9-May	11-May	8,500	25-Apr-18
Basic Life Support (CPR&AED) Thai	Sun	9 am - 12 pm	0	13-May	13-May	2,600	21-Apr-18
Basic Life Support (CPR&AED) Thai	Sun	1 - 4 pm	0	13-May	13-May	2,600	21-Apr-18
Senior Fitness Specialist (Thai)	Mon Wed	9 am - 4 pm	1.2	14-May	16-May	8,500	30-Apr-18
Functional Fusion (Thai)	Fri Sat	9 am - 1.30 pm	0.9	18-May	19-May	5,900	4-May-18
Advanced Muscle and Strength Development(Thai)	Tue Wed	9 am - 4 pm	1.2	22-May	23-May	8,500	27-Apr-18
Training Pregnant and Post-Partum Clients (Thai)	Wed - Fri	1 - 4 pm	0.9	23-May	25-May	5,900	9-May-18
Basic Life Support (CPR&AED) Thai	Mon	9 am - 12 pm	0	28-May	28-May	2,600	14-May-18
Kamagon Certification (Thai)	Thu	9 am - 5 pm	0.8	31-May	31-May	6,500	17-May-18
June							
Fitness Nutrition Specialist (Thai)	Sat	9 am - 4 pm	1.2	2-Jun	3-Jun	8,500	19-May-18
Twist Functional Training 101 (Thai)	Sat & Sun	9 am - 4 pm	0.8	2-Jun	3-Jun	7,600	19-May-18
Life Coaching and Leadership with SGT Ken®	Thu	9 am - 5 pm	0.4	14-Jun	14-Jun	11,000	14-May-18