



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	2-Jul-18	29-Oct-18	37,300	Started
Certified Personal Trainer - Thai	Sun	9am-4pm	90	8-Jul-18	11-Nov-18	37,300	Full
Certified Personal Trainer - Thai	Mon Wed Fri	9 am - 12 pm	90	1-Aug-18	19-Oct-18	37,300	25-Jul-18
Certified Personal Trainer - Thai	Mon Wed	1-4 pm	90	6-Aug-18	3-Dec-18	37,300	30-Jul-18
Certified Personal Trainer - Thai	Wed Fri	9 am - 12 pm	90	29-Aug-18	14-Dec-18	37,300	15-Aug-18
Certified Personal Trainer - Thai	Tue Thu	10 am - 12 pm	90	30-Aug-18	18-Dec-18	37,300	16-Aug-18
Certified Personal Trainer - Eng Intensive 3 weeks	Mon - Fri	9 am - 4 pm	72	14-Aug-18	31-Aug-18	34,200	14-Jul-18
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	Started
International Yoga Teacher Training (Yoga Alliance®)	Sat	9 am - 5 pm	200	3-Mar-18	22-Sep-18	95,000	Started
Balanced Body Pilates Mat Instructor Training (Thai)	Sat	9 am - 4.30 pm	47	1-Sep-18	3-Nov-18	42,400	18-Aug-18
Balanced Body CoreAlign Instructor Training (Eng-Thai)	Sunday	9 am - 4.30 pm	36	16-Sep-18	4-Nov-18	42,500	2-Sep-18
Balanced Body Pilates Mat Instructor Training (Thai)	Tue Thu	1.30-5.30pm	47	30-Oct-18	6-Dec-18	42,400	16-Oct-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 (Eng)	Wed-Fri & Tue-Thu	9 am - 4 pm	38	10-Oct-18	18-Oct-18	56,500	26-Sep-18
Balanced Body Pilates Apparatus Instructor Training (Thai)	Sat	9 am - 4.30 pm	38	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)
June							
Training Pregnant and Post-Partum Clients (Eng)	Wed - Fri	1 - 4 pm	0.9	27-Jun	29-Jun	5,900	13-Jun-18
Balanced Body® Mat & Band (Thai)	Thu	9 am - 4 pm	0.3	28-Jun	28-Jun	6,300	14-Jun-18
July							
Basic Life Support (CPR&AED) Thai	Tue	1 - 4 pm		3-Jul	3-Jul	2,600	19-Jun-18
TRX Suspension Training Course (Eng)	Thu	9 am - 5 pm	0.8	5-Jul	5-Jul	11,100	28-Jun-18
Balanced Body® Bodhi (Thai)	Fri Sat	9 am - 6 pm	1.6	6-Jul	7-Jul	24,000	Cancelled
Bosu Personal Training Certification (Thai)	Thu	9 am - 5 pm	0.8	12-Jul	12-Jul	7,200	28-Jun-18
Fitness Nutrition Specialist (Thai)	Fri & Sat	9 am - 4 pm	1.2	13-Jul	14-Jul	8,500	Full
Basic Life Support (CPR&AED) Thai	Mon	9 am - 12 pm		16-Jul	16-Jul	2,600	2-Jul-18
Group Fitness Instructor Training (GFIT) Thai	Tue - Thu	9 am - 4 pm	1.7	17-Jul	19-Jul	11,300	3-Jul-18
MetaPRO (Eng-Thai) (Only Metafit certified trainer)	Fri	10 am - 5 pm	0.7	20-Jul	20-Jul	7,600	6-Jul-18
FTI Fundamentals of Kettlebells Course Level 1 (Thai)	Sat	9 am - 5 pm	0.8	21-Jul	21-Jul	8,600	7-Jul-18
Balanced Body® Pilates ARC (Thai)	Sun	9 am - 4 pm	0.3	22-Jul	22-Jul	6,300	8-Jul-18
Training Clients with Lower Back Pain	Mon & Wed	9 am - 12 pm	0.6	23-Jul	25-Jul	4,600	9-Jul-18
August							
Weight Loss Specialist (Eng)	Wed Fri	9 am - 4 pm	1.2	1-Aug	3-Aug	8,500	18-Jul-18
Balanced Body® Mat & Ring (Thai)	Sun	9 am - 4 pm	0.3	5-Aug	5-Aug	6,300	26-Jul-18
Pre & Post Rehab Training (Thai)	Mon & Wed	9 am - 12 pm	0.6	6-Aug	8-Aug	4,100	23-Jul-18
Balanced Body® MOTR (Thai)	Fri Sat	9 am - 6 pm	1.6	10-Aug	11-Aug	24,000	27-Jul-18
Basic Life Support (CPR&AED) Eng	Wed	9 am - 12 pm	0	22-Aug	22-Aug	2,600	8-Aug-18
Training Pregnant and Post-Partum Clients (Thai)	Wed - Fri	1 - 4 pm	0.9	22-Aug	24-Aug	5,900	Full
Fitness Nutrition Specialist (Thai)	Sat & Sun	9 am - 4 pm	1.2	25-Aug	26-Aug	8,500	Full
September							
Basic Life Support (CPR&AED) Thai	Wed	9 am - 12 pm	0	5-Sep	5-Sep	2,600	22-Aug-18
Women Fitness Essential (Thai)	Wed	9 am - 4 pm	0.6	19-Sep	19-Sep	4,600	5-Sep-18
Senior Fitness Specialist (Thai)	Mon & Wed	9 am - 4 pm	1.2	24-Sep	26-Sep	8,500	10-Sep-18

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