



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	1-Aug-18	19-Oct-18	37,300	Full
Certified Personal Trainer - Thai	Mon Wed	1 pm - 4 pm	90	6-Aug-18	3-Dec-18	37,300	3 Spaces left
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	9 am - 12 pm	90	30-Aug-18	18-Dec-18	37,300	16-Aug-18
Certified Personal Trainer - Eng	Mon Wed Fri	9 am - 12 pm	90	17-Sep-18	3-Dec-18	37,300	3-Sep-18
Certified Personal Trainer - Eng Intensive 3 weeks	Mon - Fri	9 am - 4 pm	72	14-Aug-18	31-Aug-18	34,200	Full
Certified Personal Trainer - Thai Intensive 3 weeks	Mon - Fri	9 am - 4 pm	72	3-Sep-18	21-Sep-18	34,200	Full
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)	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	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)
<b>August</b>							
Weight Loss Specialist (Eng)	Wed Fri	9 am - 4 pm	1.2	1-Aug	3-Aug	8,500	Started
Balanced Body® Mat & Ring (Thai)		9 am - 4 pm	0.3	TBD	TBD	6,300	Canceled!!!
Pre & Post Rehab Training (Thai)	Mon & Wed	9 am - 12 pm	0.6	6-Aug	8-Aug	4,100	Full
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) Thai	Fri	1 pm - 4 pm	0	10-Aug	10-Aug	2,600	Full
FTI Fundamentals of Kettlebells Course Level 1 (Thai)	Sat	9 am - 5 pm	0.8	11-Aug	11-Aug	8,600	28-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 pm - 4 pm	0.9	22-Aug	24-Aug	5,900	Full
MetaPRO (Eng-Thai) (Only Metafit certified trainer)	Thu	10 am - 5 pm	0.7	23-Aug	23-Aug	7,600	9-Aug-18
Fitness Nutrition Specialist (Thai)	Sat & Sun	9 am - 4 pm	1.2	25-Aug	26-Aug	8,500	Full
<b>September</b>							
Basic Life Support (CPR&AED) Thai	Wed	9 am - 12 pm	0	5-Sep	5-Sep	2,600	Full
Basic Life Support (CPR&AED) Thai	Tue	1 pm - 4 pm	0	18-Sep	18-Sep	2,600	4-Sep-18
Women Fitness Essential (Thai)	Wed	9 am - 4 pm	0.6	19-Sep	19-Sep	4,600	Full
Fitness Nutrition Specialist (Thai)	Mon-Tue	9 am - 4 pm	1.2	24-Sep	25-Sep	8,500	Full
Basic Life Support (CPR&AED) Thai	Wed	1 pm - 4 pm	0	26-Sep	26-Sep	2,600	12-Sep-18
<b>October</b>							
Training Pregnant and Post-Partum Clients (Thai)	Tue-Thu	1 - 4 pm	0.9	9-Oct	11-Oct	5,900	25-Sep-18
<b>November</b>							
Twist Functional Training 101	Sat & Sun	9 am - 4 pm	0.8	17-Nov	18-Nov	7,600	3-Nov-18
REVO2LUTION RUNNING Certification (Thai)	Sat & Sun	9 am - 5 pm		24-Nov	25-Nov	10,600	10-Nov-18

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