



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	COURSE PRICE 2019
Certified Personal Trainer - Thai (PT Group 1)	Mon Wed Fri	1 - 4 pm	90	7-Jan-19	15-Mar-19	37,300	39,300
Certified Personal Trainer - Thai (PT Group 2)	Tue Thu	9 am -12 pm	90	8-Jan-19	25-Apr-19	37,300	39,300
Certified Personal Trainer - Thai (PT Group 3)	Mon Wed Fri	9 am -12 pm	90	14-Jan-19	22-Mar-19	37,300	39,300
Certified Personal Trainer - Eng (EPT Group 1)	Tue Thu	9 am -12 pm	90	15-Jan-19	2-May-19	37,300	39,300
Certified Personal Trainer -Thai (PT Group 4)	Wed Fri	9 am - 12 pm	90	16-Jan-19	1-May-19	37,300	39,300
Certified Personal Trainer -Thai (PT Group 5)	Mon Thu	1 - 4 pm	90	17-Jan-19	6-May-19	37,300	39,300
Certified Personal Trainer -Thai (PT Group 6)_pending	Tue Thu	1 - 4 pm	90	22-Jan-19	14-May-19	37,300	39,300
Certified Personal Trainer - Intensive -Thai (IPT Group 1)	Mon-Fri	9 am - 4 pm	72	4-Feb-19	22-Feb-19	34,200	35,900
Certified Personal Trainer - Intensive - English (IEPT Group 1)	Mon-Fri	9 am - 4 pm	72	4-Mar-19	22-Mar-19	34,200	35,900
Certified Strength and Conditioning Specialist (including NSCA-CSCS text)	TBD			TBD	TBD		
Balanced Body Core Align -Thai	Tue&Thu	1.30-5.30 pm	3.2	26-Mar	2-May	42,500	42,500
International Yoga Teacher Training (Yoga Alliance®)	Mon Wed Fri	1 - 4 pm	200	6-Mar-19	24-Jul-19	95,000	95,000
International Yoga Teacher Training (Yoga Alliance®)	Sat	8.30 am - 5 pm	200	2-Mar-19	7-Sep-19	95,000	95,000
Balanced Body Pilates Mat Instructor Training (with Movement Principle,test) - Thai	Sat	9 am - 6 pm	64	12-Jan-19	16-Mar-19	65,400	65,400
Balanced Body Pilates Mat Instructor Training (with Movement Principle,test) - Thai	Tue Thu	9 am - 1pm	64	22-Jan-19	19-Mar-19	65,400	65,400
Balanced Body Movement Principle - Thai	Tue Thu	1.30-5.30pm	16	8-Jan-19	17-Jan-19	15,500	15,500
Balanced Body Pilates Mat 3 Instructor Training - Thai (for Mat 1&2 graduates only)	Tue Thu	1.30-5.30pm	16	22-Jan-19	31-Jan-19	16,000	16,000
Balanced Body Pilates Reformer Instructor Training - Thai	Sat	9 am - 4 pm	48	2-Feb-19	23-Mar-19	64,200	64,200
Balanced Body Pilates Reformer Instructor Training - Thai	Tue Thu	1.30 - 5.30 pm	48	5-Feb-19	19-Mar-19	64,200	64,200
CONTINUING EDUCATION COURSES (Short Courses)							
	DAYS & TIMES	TIME	CECS	STARTS	ENDS	COURSE PRICE	
December							
Functional Movement Screen Level 2	Sat & Sun	9 am - 5 pm	1.2	1-Dec	2-Dec	599USD	599USD
Balanced Body® Mat & Bands - Thai	Tue&Thu	9 am - 12 pm	0.3	4-Dec	6-Dec	6,300	6,600
Fitness Nutrition Specialist - Thai	Fri & Sat	9 am - 4 pm	1.2	14-Dec	15-Dec	8,500	8,900
JANUARY							
FTI Functional Mobility Course - Thai	Mon	9 am - 5 pm	0.7	7-Jan	7-Jan	8,600	9,100
Training Pregnant and Post-Partum Clients - Thai	Wed-Fri	1 - 4 pm	0.9	9-Jan	11-Jan	5,900	6,200
Healthy Nutrition - English (for General Public)	Sat	9 am - 4 pm	12 Hrs	12-Jan	19-Jan	7,600	8,500
Balanced Body Anatomy in 3D - Thai	Mon&Wed&Fri	9 am - 4 pm	1.6	14-Jan	18-Jan	18,000	18,000
Senior Fitness Specialist - English	Mon&Wed	9 am - 4 pm	1.2	14-Jan	16-Jan	8,500	8,900
Sport Nutrition - Fueling Performance - Thai	Thu-Fri	9 am - 4 pm 9 am -12pm	0.9	17-Jan	18-Jan	5,900	6,200
Group Fitness Instructor Traing (GFIT) - Thai	Wed-Fri	9 am - 4pm	1.7	23-Jan	25-Jan	11,300	11,900
Metafit - Thai	Wed	9 am - 4 pm	0.6	30-Jan	30-Jan	7,600	7,950
FEBRUARY							
Fitness Nutrition Specialist - Thai	Fri & Sat	9 am - 4 pm	1.2	1-Feb	2-Feb	8,500	8,900
FMT Basic (Fascial movement taping level 1) - Thai	Sat	9 am - 5 pm	0.8	2-Feb	2-Feb	7,500	7,500
Balanced Body Anatomy in 3D - Thai	Mon-Wed-Fri	9 am - 4 pm	1.6	18-Feb	22-Feb	18,000	18,000
Fitness Nutrition Specialist - English	Mon & Wed	9 am - 4 pm	1.2	25-Feb	27-Feb	8,500	8,900
MARCH							
TRX-STC - Thai	Wed	9 am - 5 pm	0.7	13-Mar	13-Mar	11,100	11,650
MetaPWR -Thai	Wed	9 am - 4 pm	0.7	20-Mar	20-Mar	7,600	9,600
Fundamentals of Kettlebells Course Level 1 -Thai	Sat	9 am - 5 pm	0.8	23-Mar	23-Mar	8,600	9,100
Women's Fitness Essentials - Thai	Mon	9 am - 4 pm	0.6	25-Mar	25-Mar	4,600	4,900
Balanced Body Anatomy in 3D - English	Mon-Wed-Fri	9 am - 4 pm	1.6	25-Mar	29-Mar	18,000	18,000
Small Group Training (Group Personal Training) -Thai	Wed	9 am - 4 pm	0.6	27-Mar	27-Mar	4,600	4,900
Weight Loss Specialist - Thai	Wed & Fri	9 am - 5 pm	1.2	27-Mar	29-Mar	8,500	8,900
APRIL							
Senior Fitness Specialist - Thai	Mon - Tue	9 am - 4 pm	1.2	22-Apr	23-Apr	8,500	8,900
Fitness Nutrition Specialist - Thai	Fri & Sat	9 am - 4 pm	1.2	26-Apr	27-Apr	8,500	8,900

FITNESS INNOVATIONS (THAILAND) LIMITED: BTS Ploenchit Station (Exit 2) Bangkok. Call us 02 650 9242

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