



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 2019	Early bird discount 10% until
Certified Personal Trainer - Thai (PT Group 7)	Mon Wed Fri	1 - 4 pm	90	22-Apr-19	5-Jul-19	39,300	8-Apr-19
Certified Personal Trainer - Thai (PT Group 11)	Tue&Thu	9 am -12 pm	90	9-May-19	27-Aug-19	39,300	25-Apr-19
Certified Personal Trainer - Eng (EPT Group 2)	Mon Wed Fri	9 am -12 pm	90	22-May-19	2-Aug-19	39,300	8-May-19
Certified Personal Trainer - Intensive -Thai (IPT Group 2)	Mon-Fri	9 am - 4 pm	72	7-May-19	25-May-19	35,900	22-Apr-19
Certified Personal Trainer - Intensive - English (IEPT Group 1)	Mon-Fri	9 am - 4 pm	72	4-Mar-19	22-Mar-19	35,900	18-Feb-19
Certified Personal Trainer - Intensive - English (IEPT Group 2)	Mon-Fri	9 am - 4 pm	72	3-Jun-19	21-Jun-19	35,900	17-May-19
Certified Personal Trainer - Eng (EPT Group 3)	Mon Wed Fri	9 am -12 pm	90	16-Sep-19	2-Dec-19	39,300	2-Sep-19
Certified Health Coach - English (Include ACE Health Coach text book)	Tue&Thu	1 - 4 pm	30	29-Oct-19	28-Nov-19	27,200	15-Oct-19
Certified Strength and Conditioning Specialist -Eng (including NSCA-CSCS text)	Sat	9 am - 4 pm	75	11-May-19	3-Aug-19	39,300	27-Apr-19
Balanced Body Core Align 1 -Thai (early bird 10% discount)	Tue&Thu	1.30-5.30 pm	16	26-Mar-19	4-Apr-19	21,250	12-Mar-19
Balanced Body Core Align 1&2 -Thai (early bird 15% discount)	Tue&Thu	1.30-5.30 pm	32	26-Mar	2-May	42,500	12-Mar-19
International Yoga Teacher Training (Yoga Alliance®)	Mon Wed Fri	1 - 4 pm	200	6-Mar-19	24-Jul-19	95,000	20-Feb-19
International Yoga Teacher Training (Yoga Alliance®)	Sat	8.30 am - 5 pm	200	2-Mar-19	5-Oct-19	95,000	16-Feb-19
Balanced Body Pilates Mat Instructor Training (with Movement Principle,test) - Thai by Apittiya	Sat	9 am - 6 pm	64	12-Jan-19	16-Mar-19	65,400	Started
Balanced Body Pilates Mat Instructor Training (with Movement Principle,test) - Thai by Sugulaya	Tue Thu	9 am - 1pm	64	22-Jan-19	19-Mar-19	65,400	Started
Balanced Body Movement Principle - Thai by Apittiya New!	Tue Thu	1.30-5.30pm	16	8-Jan-19	17-Jan-19	15,500	Completed
Balanced Body Pilates Reformer Instructor Training - Thai by Apittiya	Tue Thu	1.30 - 5.30 pm	48	5-Feb-19	19-Mar-19	64,200	Started
Balanced Body Pilates Reformer Instructor Training - Thai by Sugulaya	Sat	9 am - 4 pm	48	2-Feb-19	23-Mar-19	64,200	Started
Balanced Body Pilates Apparatus Instructor Training - Thai by Apittiya	Tue,Thu,Sat	9 am - 5 pm	38	4-Jun-19	15-Jun-19	56,500	21-May-19
Balanced Body Pilates Mat Instructor Training (Intensive - English) by Apittiya	Mon-Sat	9 am - 4 pm	72	17-Jun-19	3-Jul-19	72,500	3-Jun-19
Balanced Body Pilates Reformer Instructor Training (Intensive-English) by Apittiya	Mon-Sat	9 am - 4 pm	54	5-Jul-19	18-Jul-19	71,200	21-Jun-19
CONTINUING EDUCATION COURSES (Short Courses)							
	DAYS & TIMES	TIME	CECs	STARTS	ENDS	COURSE PRICE 2019	Early bird discount 10% until
FEBRUARY							
Fitness Nutrition Specialist - Thai	Fri & Sat	9 am - 4 pm	1.2	1-Feb	2-Feb	8,900	Completed
FMT Basic (Fascial movement taping level 1) - Thai	Sat	9 am - 5 pm	0.8	2-Feb	2-Feb	7,500	Completed
Balanced Body Anatomy in 3D - Thai	Mon-Wed-Fri	9 am - 4 pm	1.6	18-Feb	22-Feb	18,000	Started
Healthy Eating Essentials - English (for General Public) New!	Wed	9 am - 4 pm	6 Hrs	20-Feb	20-Feb	3,900	2-Feb-19
Senior Fitness Specialist - Thai	Mon & Wed	9 am - 4 pm	1.2	25-Feb	27-Feb	8,900	18-Feb-19
Fitness Nutrition Specialist - English	Mon & Wed	9 am - 4 pm	1.2	25-Feb	27-Feb	8,900	11-Feb-19
MARCH							
TRX-STC - Thai	Wed	9 am - 5 pm	0.7	13-Mar	13-Mar	11,650	27-Feb-19
MetaPWR -Thai	Wed	9 am - 4 pm	0.7	20-Mar	20-Mar	7,950	6-Mar-19
Fundamentals of Kettlebells Course Level 1 -Thai	Sat	9 am - 5 pm	0.8	23-Mar	23-Mar	9,100	9-Mar-19
Pre & Post Rehab Training - Thai	Mon	9 am - 4 pm	0.6	25-Mar	25-Mar	4,900	11-Mar-19
Women's Fitness Essentials - Thai	Mon	9 am - 4 pm	0.6	25-Mar	25-Mar	4,900	Full
Balanced Body Anatomy in 3D - English/Thai	Mon-Wed-Fri	9 am - 4 pm	1.6	25-Mar	29-Mar	18,000	11-Mar-19
Small Group Training (Group Personal Training) -Thai	Wed	9 am - 4 pm	0.6	27-Mar	27-Mar	4,900	13-Mar-19
Weight Loss Specialist - Thai	Wed & Fri	9 am - 4 pm	1.2	27-Mar	29-Mar	8,900	Full
REVO2LUTION RUNNING Certification (Thai)	Sat & Sun	9 am - 5 pm	2.0	30-Mar	31-Mar	329 USD	15-Mar-19
APRIL							
Senior Fitness Specialist - Thai	Mon - Tue	9 am - 4 pm	1.2	1-Apr	2-Apr	8,900	18-Mar-19
TRX-RIP - Thai	Thu	9 am - 5 pm	0.7	25-Apr	25-Apr	11,650	11-Apr-19
FTI Functional Mobility-Thai	Fri	9 am - 5 pm	0.6	26-Apr	26-Apr	9,100	12-Apr-19
Fitness Nutrition Specialist - Thai	Fri & Sat	9 am - 4 pm	1.2	26-Apr	27-Apr	8,900	Full
Training Client with Lower Back Pain - Thai	Mon & Tue	9 am - 12 pm	0.6	29-Apr	30-Apr	4,900	15-Apr-19
MAY							
Complete Ball Training - Thai	Fri	9 am - 5 pm	0.9	3-May	3-May	6,200	19-Apr-19
JUNE							
Fundamentals of Resistance Band Training - Eng/Thai (by Tarek from FTI)	Thu	9 am - 5 pm	0.7	20-Jun	20-Jun	9,100	6-Jun-19
Women's Fitness Essentials - Thai	Wed	9 am - 4 pm	0.6	26-Jun	26-Jun	4,900	12-Jun-19
JULY							
Balanced Body® Mat & Ball by Sugulaya	Tue & Thu	9 am - 12 pm	0.3	23-Jul	25-Jul	6,600	9-Jul-19
Balanced Body® MOTR Instructor Training Fundamental by Apittiya	Sat	9 am - 6 pm	0.8	13-Jul	13-Jul	13,000	29-Jun-19
AUGUST							
Balanced Body® Mat & Roller by Sugulaya	Tue & Thu	9 am - 12 pm	0.3	20-Aug	22-Aug	6,600	6-Aug-19