



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	FULL
Certified Personal Trainer - Thai (PT Group 11)	Tue&Thu	9 am -12 pm	90	9-May-19	27-Aug-19	39,300	FULL
Certified Personal Trainer - Thai (PT Group 12)	Wed&Fri	9 am -12 pm	90	15-May-19	28-Aug-19	39,300	FULL
Certified Personal Trainer - Thai (PT Group 13)	Tue&Thu	1 - 4 pm	90	16-May-19	3-Sep-19	39,300	26-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 - Thai (PT Group 8)	Mon & Thu	9 am -12 pm	90	27-May-19	16-Sep-19	39,300	13-May-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 - Thai (PT Group 16)	Tue&Thu	9 am -12 pm	90	13-Aug-19	28-Nov-19	39,300	30-Jul-19
Certified Personal Trainer - Intensive -Thai (IPT Group 3)	Mon-Fri	9 am - 4 pm	72	2-Sep-19	21-Sep-19	35,900	19-Aug-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	Postponed
Balanced Body Core Align 1 -Eng (early bird 10% discount)	Tue&Thu	9.00 - 6.00 pm	16	2-Apr-19	4-Apr-19	21,250	Postponed
Balanced Body Core Align 1&2 -Eng (early bird 15% discount)	Tue&Thu	9.00 - 6.00 pm	32	2-Apr	30-Apr	42,500	Postponed
International Yoga Teacher Training (Yoga Alliance®)	Mon Wed Fri	1 - 4 pm	200	TBD	TBD	95,000	N/A
International Yoga Teacher Training (Yoga Alliance®)	Sat	8.30 am - 5 pm	200	TBD	TBD	95,000	N/A
Balanced Body Movement Principle - Thai by Apittiya New!	Tue Thu	1.30-5.30pm	16	TBD	TBD	15,500	Completed
Balanced Body Pilates Reformer Instructor Training - Thai by Sugulaya	Tue Thu	9 am - 1 pm	48	4-Jun-19	11-Jul-19	64,200	21-May-19
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 for Fitness Professionals							
	DAYS & TIMES	TIME	CECs	STARTS	ENDS	COURSE PRICE 2019	Early bird discount 10% until
APRIL							
Senior Fitness Specialist - Thai	Mon - Tue	9 am - 4 pm	1.2	1-Apr	2-Apr	8,900	Completed
Small Group Training (Group Personal Training) -Thai	Tue	9 am - 4 pm	0.6	9-Apr	9-Apr	4,900	Completed
Training Pregnant and Post-Partum Clients - Thai	Wed-Fri	1 - 4 pm	0.9	10-Apr	12-Apr	6,200	Completed
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
FEA® Physique Specialist Level 1 & 2 (English & Thai) NEW	Tue - Thu	9 am - 4 pm	2.0	28-May	30-May	14,700	14-May-19
Senior Fitness Specialist - English	Tue & Thu	9 am - 4 pm	1.2	28-May	30-May	8,900	14-May-19
Metafit - Thai	Wed	9 am - 4 pm	0.6	29-May	29-May	7,950	15-May-19
JUNE							
Advanced Muscle and Strength Development - Thai	Thu&Fri	9 am - 4 pm	1.2	13-Jun	14-Jun	8,900	30-May-19
Functional Training with Resistance Band - Eng/Thai (by Tarek from FTI) NEW	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	FULL
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® Mat & Band by Sugulaya	Tue & Thu	9 am - 12 pm	0.3	30-Jul	1-Aug	6,600	16-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							
Twist Functional Training 101	Fri & sat	9 am - 4 pm	0.8	9-Aug	10-Aug	9,100	26-Jul-19
Balanced Body® Mat & Roller by Sugulaya	Tue & Thu	9 am - 12 pm	0.3	20-Aug	22-Aug	6,600	6-Aug-19
REVO2LUTION RUNNING Certification (Thai)	Fri & Sat	9 am - 5 pm	2.0	30-Aug	31-Aug	329 USD	15-Mar-19
WORKSHOPS for General Public							
	DAYS & TIMES	TIME	Class Hours	STARTS	ENDS	COURSE PRICE 2019	Early bird discount 10% until
JULY							
Healthy Eating Essentials - Thai NEW *For General Public only*	Tue	9 am - 4 pm	6	2-Jul	2-Jul	3,900	18-Jun-19
Basic Exercise Essentials - Thai NEW *For General Public only*	TBD		30	TBD	TBD		TBD

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

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