



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	Special discount 10% until
Certified Personal Trainer - Thai (Intensive)	Mon-Fri	9 am - 4 pm	72	16-Mar-20	4-Apr-20	35,900	2-Mar-20
Certified Personal Trainer - Thai (PT Group 8)	Mon Wed Fri	9 am -12 pm	90	20-Apr-20	10-Jul-20	39,300	6-Apr-20
Certified Personal Trainer - English (EPT Group 1)	Tue & thu	9 am - 12 pm	90	21-Apr-20	6-Aug-20	39,300	7-Apr-20
Certified Personal Trainer - Thai (PT Group Chiangmai)	Thu, Fri,Sat	9 am - 4 pm	90	7-May-20	6-Jun-20	39,300	23-Apr-20
Certified Personal Trainer - Thai (PT Group 9)	Mon & Thu	9 am -12 pm	90	11-May-20	27-Aug-20	39,300	29-Jun-20
Certified Personal Trainer - Thai (PT Group 10)	Mon & Thu	1 - 4 pm	90	18-May-20	3-Sep-20	39,300	4-May-20
Certified Personal Trainer - Thai (PT Group 11)	Sat	9 am - 4 pm	90	20-Jun-20	17-Oct-20	39,300	Full
Certified Personal Trainer - Thai (PT Group 12)	Sat	9 am - 4 pm	90	11-Jul-20	14-Nov-20	39,300	27-Jun-20
NSCA® Certified Strength and Conditioning Specialist (CSCS) - English	Sat	9 am - 5 pm	66	25-Apr-20	11-Jul-20	39,200	11-Apr-20
NSCA® Certified Strength and Conditioning Specialist (CSCS) - Thai	Wed&Thu	1 - 4 pm	75	13-May-20	13-Aug-20	39,200	29-Apr-20
Certified Health and Wellness Coaching - Thai (Include ACE text book)		1 - 4 pm	36	TBD	TBD	27,200	TBD
International Yoga Teacher Training (Yoga Alliance®) - 200 hours (15% discount)	Mon Wed Fri	1 - 4 pm	200	20-Apr-20	16-Sep-20	95,000	6-Apr-20
International Yoga Teacher Training (Yoga Alliance®) - 200 hours	Sat	8.30 am - 5 pm	200	29-Feb-20	19-Sep-20	95,000	15-Feb-20
Balanced Body Movement Principle - Thai by Sugulaya	Sat	9 am - 6 pm	16	14-Mar-20	21-Mar-20	15,500	29-Feb-20
Balanced Body Anatomy in 3D-Thai by Apittiya	Wed-Fri	9 am - 4 pm	18	18-Mar-20	20-Mar-20	18,000	11-Mar-20
Balanced Body Pilates Reformer Instructor Training - Thai by Sugulaya	Sat	9 am - 4 pm	48	23-May-20	18-Jul-20	64,200	9-May-20
Balanced Body Movement Principle - Thai by Apittiya	Sat	9 am - 4 pm	16+2	16-May-20	6-Jun-20	15,500	2-May-20
Balanced Body Pilates Mat Instructor Training(incl. Movement Principle) - Thai by Apittiya	Sat	9 am - 4 pm	64+8	16-May-20	19-Sep-20	65,400	2-May-20
Balanced Body Movement Principle - Thai by Sugulaya	Tue & thu	9 am - 1 pm	16	30-Jun-20	9-Jul-20	15,500	16-Jun-20
Balanced Body Pilates Reformer Instructor Training - Thai by Sugulaya	Tue & thu	9 am - 1 pm	48	4-Aug-20	10-Sep-20	64,200	21-Jul-20
Balanced Body Bodhi Suspension System® Comprehensive - Thai by Apittiya	Wed - Fri	10 am - 5 pm	1.6	15-Jul	17-Jul	25,200	1-Jul-20
Balanced Body CoreAlign® 1 - Thai by Apittiya	Sun	9 Am - 4 pm	16	6-Sep-20	20-Sep-20	21,250	23-Aug-20
Balanced Body Pilates Apparatus Instructor Training - Thai by Apittiya	Sat	9 am - 4 pm	38+4	10-Oct-20	28-Nov-20	56,500	26-Sep-20
CONTINUING EDUCATION COURSES for Fitness Professionals	DAYS & TIMES	TIME	CECs	STARTS	ENDS	COURSE PRICE	Special discount 10% until
March							
Body Transformation Specialist-Thai by Prap & Noppadol	Mon-Wed	9 am - 4 pm	2	16-Mar	18-Mar	14,700	2-Mar-20
MetaFit Course-Thai by Noppadol	Wed	9 am - 4 pm	0.6	25-Mar	25-Mar	7,950	11-Mar-20
Twist Functional Training 101 - Thai by Farn Sritraitatana	Fri & Sat	9 am - 4 pm	0.8	27-Mar	28-Mar	9,100	13-Mar-20
April							
BOSU® Next Generation Balance Training by Thanakorn	Tue	9 am - 4 pm	0.4	21-Apr	21-Apr	4,800	7-Apr-20
Fitness Nutrition Specialist - Thai by Wiradech	Thu-Fri	9 am - 4 pm	1.2	23-Apr	24-Apr	8,900	9-Apr-20
RockTape® FMT Basic - Thai by Kriyot	Fri	9 am - 4 pm		24-Apr	24-Apr	7,500	10-Apr-20
RockTape® FMT Performance - Thai by Kriyot	Sat	9 am - 4 pm		25-Apr	25-Apr	7,500	11-Apr-20
FTI Functional Mobility Course - Thai by Kamonchai	Tue	9 am - 5 pm	0.7	28-Apr	28-Apr	9,100	14-Apr-20
May							
Fit® Youth Exercise Essentials - Thai by Kittinun	Tue	9 am - 4 pm	0.6	12-May	12-May	4,900	28-Apr-20
Fit® Senior Fitness Specialist - Thai by Atikarn	Wed & Fri	9 am - 4 pm	1.2	13-May	15-May	8,900	29-Apr-20
Fit® Small Group Training (Group Personal Training) - Thai by Panuwat	Thu	9 am - 4 pm	0.6	14-May	14-May	4,900	30-Apr-20
Weight Loss Specialist - Thai by Wiradech	Tue & Wed	9 am - 4 pm	1.2	19-May	20-May	8,900	5-May-20
Fit® Training Pregnant and Post-Partum Client - Thai by Sugulaya	Wed - Fri	1 - 4 pm	0.9	27-May	29-May	6,200	13-May-20
WORKSHOPS for General Public	DAYS & TIMES	TIME	Class Hours	STARTS	ENDS	COURSE PRICE	Special discount 10% until
January - March							
Effective Exercise Essentials - Thai by Kamonchai <i>*For General Public only* Call to apply</i>		9 am -12 pm	24	TBD	TBD	15,600	TBD
Healthy Eating Essentials - Thai by Atikarn <i>NEW *For General Public only*</i>	Sat	9 am - 4 pm	6	8-Apr	8-Apr	3,900	25-Mar-20
Healthy Eating Essentials - English by Suzanne <i>*For General Public only*</i>	Wed	9 am - 4 pm	6	TBD	TBD	3,900	TBD
BASIC LIFE SUPPORT (CPR, AED, Choking)	DAY	TIME	Class Hours	STARTS	ENDS	COURSE PRICE	Special discount 10% until
MORNING sessions: 13 Mar (Thai) , 18 Mar 8.00-12.00(Thai) , 20 Apr (Thai)	1 Day	9am - 12pm	3			2,600	2 weeks before
AFTERNOON sessions: 28 Apr (Thai), 6 Jun (Thai)	1 Day	1pm - 4pm	3			2,600	2 weeks before

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

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EBR = Early Bird Rate

EBD = Early Bird Deadline

