



สถาบันฝึกอบรมบุคลากรด้านการออกกำลังกายทางวิชาชีพ
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 (PT Group 1) | MWF | 1 - 4 pm | 90 | 6-Jan-21 | 17-Mar-21 | 39,300 | 23-Dec-20 |
| Certified Personal Trainer - Thai (PT Group 2) | TT | 9 am - 12 pm | 90 | 7-Jan-21 | 6-May-21 | 39,300 | 23-Dec-20 |
| Certified Personal Trainer - Thai (PT Group 3) | Mon & Thu | 9 am - 4 pm | 90 | 11-Jan-21 | 9-Mar-21 | 39,300 | 23-Dec-20 |
| Certified Personal Trainer - English (EPT Group 1) ♦ Register NOW. Limited Space! | MWF | 9 am - 12 pm | 90 | 11-Jan-21 | 22-Mar-21 | 39,300 | 23-Dec-20 |
| Certified Personal Trainer - Thai (PT Group 4) ♦ Register NOW. Limited Space! | TT | 1 - 4 pm | 90 | 12-Jan-21 | 11-May-21 | 39,300 | 23-Dec-20 |
| Certified Personal Trainer - Thai (PT Group 5) ♦ Register NOW. Limited Space! | Wed & Fri | 9 am - 12 pm | 90 | 13-Jan-21 | 5-May-21 | 39,300 | 23-Dec-20 |
| Certified Personal Trainer - Thai (PT Group 6) | Tue | 9 am - 4 pm | 90 | 19-Jan-21 | 18-May-21 | 39,300 | 5-Jan-21 |
| Certified Personal Trainer - Thai (PT Group 7) | Sat | 9 am - 4 pm | 90 | 6-Feb-21 | 12-Jun-21 | 39,300 | 23-Jan-21 |
| Certified Personal Trainer - Thai (PT Group 8) | Sat | 9 am - 4 pm | 90 | 20-Feb-21 | 26-Jun-21 | 39,300 | 23-Jan-21 |
| | Mon-Fri | 9 am - 4 pm | 72 | 1-Mar-21 | 20-Mar-21 | 35,900 | 15-Feb-21 |
| NSCA® Certified Strength and Conditioning Specialist (CSCS) - Thai | Fri | 9 am - 4 pm | 75 | 6-Nov-20 | 19-Feb-21 | 39,200 | Full |
| Certified Health and Wellness Coaching - Thai (Include ACE text book) | Tue & Fri | 9 am - 12 pm | 42 | 23-Mar-21 | 18-May-21 | 27,200 | |
| International Yoga Teacher Training (Yoga Alliance®) - 200 hours | Sat | 8.30 am - 5 pm | 200 | 20-Feb-21 | 11-Sep-21 | 95,000 | 6-Feb-21 |
| Balanced Body Pilates Reformer Instructor Training - Thai by Apittiya | Sun | 9 am - 4 pm | 48 | 15-Nov-20 | 14-Feb-20 | 64,200 | Full |
| Balanced Body Movement Principle - Thai by Apittiya | Wed | 1.30 - 5.30 pm | 16 | 4-Nov | 25-Nov | 15,500 | 21-Oct-20 |
| Balanced Body Pilates Reformer Instructor Training - Thai by Sugulaya | Sat | 9 am - 4 pm | 48 | 21-Nov-20 | 30-Jan-21 | 64,200 | Full |
| Balanced Body Movement Principle - Thai by Apittiya | Sat | 9 am - 4 pm | 16+2 | 9-Jan | 23-Jan | 15,500 | 23-Dec-20 |
| Balanced Body Movement Principle+Mat Pilates Instructor Training - Thai by Apittiya | Sat | 9 am - 4 pm | 16+2 | 9-Jan | 10-Apr | 65,400 | 23-Dec-20 |
| Balanced Body CoreAlign 2 Instructor Training - Thai by Apittiya | Sun | 9 am - 4 pm | 16+2 | 7-Mar | 21-Mar | 15,500 | 21-Feb-21 |
| CONTINUING EDUCATION COURSES for Fitness Professionals | | | | | | | |
| | DAYS & TIMES | TIME | CECs | STARTS | ENDS | COURSE PRICE | Special discount 10% until |
| October | | | | | | | |
| Fit® Fitness Nutrition Specialist - Thai by Wiradech | Sat & Sun | 9 am - 4 pm | 1.2 | 17-Oct | 18-Oct | 8,900 | Full |
| Fit® Advanced Muscle and Strength Development - Thai by Noppadol | Mon & Tue | 9 am - 4 pm | 1.2 | 19-Oct | 20-Oct | 8,900 | 5-Oct-20 |
| Fit® Fitness Nutrition Specialist - English by Suzanne | Mon & Wed | 9 am - 4 pm | 1.2 | 19-Oct | 21-Oct | 8,900 | 5-Oct-20 |
| Fit® Sports Nutrition - Fueling Performance - Thai by Wiradech | Thu & Fri | 9 am - 4 pm/ 9 am -12pm | 0.9 | 29-Oct | 30-Oct | 6,200 | 15-Oct-20 |
| Functional Movement Screen Level 1 - English & Thai by Henrik&Team @STAGE | Fri & Sat | 8 am - 5 pm/ 8 am -12pm | 1.1 | 30-Oct | 31-Oct | 14,900 | 16-Oct-20 |
| Functional Movement Screen Level 2 - English & Thai by Henrik&Team @STAGE | Sat & Sun | 1 - 5 pm/ 8 am - 5pm | 1.1 | 31-Oct | 1-Nov | 14,900 | 16-Oct-20 |
| Functional Movement Screen Level 1 & 2 - English & Thai by Henrik&Team @STAGE | Fri - Sun | 8 am - 5 pm | 2.2 | 30-Oct | 1-Nov | 25,900 | 16-Oct-20 |
| November | | | | | | | |
| Balanced Body® Mat and Ball Workshop - Thai by Apittiya | Sun | 9 am - 4 pm | 0.3 | 1-Nov | 1-Nov | 6,600 | 18-Oct-20 |
| Fit® Training Clients with lower Back Pain - Thai by Sompat | Mon & Wed | 9 am - 12 pm | 0.6 | 2-Nov | 4-Nov | 4,900 | 20-Oct-20 |
| Fit® Youth Exercise Essentials - Thai by Kittinan | Wed | 9 am - 4 pm | 0.6 | 4-Nov | 4-Nov | 4,900 | 21-Oct-20 |
| Balanced Body® Mat and Bands Workshop - Thai by Apittiya | Tue | 9 am - 4 pm | 0.3 | 5-Nov | 5-Nov | 6,600 | 22-Oct-20 |
| Twist Functional Training 101 by Fam | Sat & Sun | 9 am - 4 pm | 0.8 | 7-Nov | 8-Nov | 9,100 | 24-Oct-20 |
| Fit® Fitness Nutrition Specialist - Thai by Wiradech *New* | Sat & Sun | 9 am - 4 pm | 1.2 | 7-Nov | 8-Nov | 8,900 | 24-Oct-20 |
| Balanced Body® Mat and Roller Workshop - Thai by Apittiya | Thu | 9 am - 4 pm | 0.3 | 12-Nov | 12-Nov | 6,600 | 29-Oct-20 |
| Fit® Senior Fitness Specialist - English by Suzanne *New Date* | Wed & Fri | 9 am - 4 pm | 1.2 | 25-Nov | 27-Nov | 8,900 | 11-Nov-20 |
| Balanced Body® Orbit Workshop - Thai by Apittiya *New* | Thu | 9 am - 4 pm | 0.3 | 26-Nov | 26-Nov | 6,600 | 12-Nov-20 |
| Metafit Coach Course - Thai by Noppadol *New* | Fri | 9 am - 4 pm | 0.6 | 27-Nov | 27-Nov | 7,950 | 13-Nov-20 |
| Barbell Basics - Thai by Wongsatorn *New at Thai Powerlifting Federation, Sathorn* | Sat | 9 am - 12 pm | 0.3 | 28-Nov | 28-Nov | 3,900 | 14-Nov-20 |
| December | | | | | | | |
| FTI Functional Mobility Course-Thai by Kamonchai | Mon | 9 am - 5 pm | 0.7 | 14-Dec | 14-Dec | 9,100 | 30-Nov-20 |
| Fit® Training Pregnant and Post - Partum Clients - Thai by Sugulaya | Tue-Thu | 1 - 4 pm | 0.9 | 15-Dec | 17-Dec | 6,200 | 1-Dec-20 |
| TRX Rip Training Course-Thai by Kamonchai | Mon | 9 am - 5 pm | 0.8 | 21-Dec | 21-Dec | 11,650 | 7-Dec-20 |
| WORKSHOPS for General Public | | | | | | | |
| | DAYS & TIMES | TIME | Class Hours | STARTS | ENDS | COURSE PRICE | Special discount 10% until |
| July-Sep | | | | | | | |
| Effective Exercise Essentials - Thai by Kamonchai *For General Public only* Call to apply | | 9 am -12 pm | 24 | TBD | TBD | 15,600 | TBD |
| Healthy Eating Essentials - Thai by Atikam NEW *For General Public only* | Sun | 9 am - 4 pm | 6 | 15-Nov | 15-Nov | 3,900 | 1-Nov-20 |
| Healthy Eating Essentials - English by Suzanne *For General Public only* | Wed | 9 am - 4 pm | 6 | TBD | TBD | 3,900 | TBD |
| BASIC LIFE SUPPORT (CPR, AED, Choking) | | | | | | | |
| | DAY | TIME | Class Hours | | | COURSE PRICE | Special discount 10% until |
| MORNING sessions: 11 Nov, 13 Nov, 18 Nov, 24 Nov, 27 Nov, 3 Dec (Thai) 1 Dec (Eng) | 1 Day | 9am - 12pm | 3 | | | 2,600 | 2 weeks before |
| AFTERNOON sessions: 10 Nov(Thai), 6 Nov(Chiangmai) | 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

Updated: 15-Oct-20

Line@: fit.thailand • Website: www.fitthai.com • Instagram: fitthailand.ig • Facebook: fit.thailand

EBR = Early Bird Rate

EBD = Early Bird Deadline

