



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 (PT Group Chiangmai)	Thu, Fri,Sat	9 am - 4 pm	90	1-Oct-20	7-Nov-20	39,300	17-Sep-20
Certified Personal Trainer - Thai (PT Group 19)	Sun	9 am - 4 pm	90	11-Oct-20	14-Mar-21	39,300	Full
Certified Personal Trainer - Thai (PT Group 20) *NEW*	Sun	9 am - 4 pm	90	18-Oct-20	21-Mar-21	39,300	4-Oct-20
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)			36	NOV	NOV	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 Apparatus Instructor Training - Thai by Apittiya	Sat	9 am - 4 pm	38+4	10-Oct-20	28-Nov-20	56,500	Full
Balanced Body Movement Principle - Thai by Sugulaya	Sat	9 am - 4 pm	16+2	17-Oct	7-Nov	15,500	3-Oct-20
Balanced Body Pilates Reformer Instructor Training - Thai by Apittiya	Sun	9 am - 4 pm	48	15-Nov-20	14-Feb-21	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 Movement Principle - Thai by Sugulaya	Mon & Tue	9 am - 1 pm	16	16-Nov	24-Nov	15,500	2-Nov-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
CONTINUING EDUCATION COURSES for Fitness Professionals							
DAYS & TIMES	TIME	CECs	STARTS	ENDS	COURSE PRICE	Special discount 10% until	
October							
Balanced Body® Orbit Workshop - Thai by Apittiya	Thu	9 am - 4 pm	0.3	1-Oct	1-Oct	6,600	Full
Fit® Small Group Training (Group Personal Training) - Thai by Panuwat	Mon & Wed	9 am - 12 pm	0.6	5-Oct	7-Oct	4,900	21-Sep-20
Balanced Body® Mat & Ring Workshop - Thai by Apittiya	Thu	9 am - 4 pm	0.3	8-Oct	8-Oct	6,600	24-Sep-20
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 Farn	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	Tue	9 am - 4 pm	0.3	12-Nov	12-Nov	6,600	29-Oct-20
Fit® Weight Loss Specialist - Thai by Wiradech *New*	Sun	9 am - 4 pm	1.2	22-Nov	29-Nov	8,900	8-Nov-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
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 Atikarn 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, 18 Nov, 24 Nov (Thai)	1 Day	9am - 12pm	3	2,600	2 weeks before		
AFTERNOON sessions: 11 Oct, 10 Nov (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

