



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 1) ♦ <b>APPLY NOW. Limited Space!</b>	MWF	1 - 4 pm	96	6-Jan-21	24-Mar-21	39,950	23-Dec-20
Certified Personal Trainer - Thai (PT Group 2) ♦ <b>APPLY NOW. Limited Space!</b>	TT	9 am - 12 pm	96	7-Jan-21	11-May-21	39,950	23-Dec-20
Certified Personal Trainer - Thai (PT Group 3)	Mon & Thu	9 am - 4 pm	96	11-Jan-21	8-Mar-21	39,950	23-Dec-20
Certified Personal Trainer - English (EPT Group 1) ♦ <b>APPLY NOW. Limited Space!</b>	MWF	-	96	11-Jan-21	29-Mar-21	39,950	23-Dec-20
Certified Personal Trainer - Thai (PT Group 4) ♦ <b>APPLY NOW. Limited Space!</b>	TT	1 - 4 pm	96	12-Jan-21	13-May-21	39,950	23-Dec-20
Certified Personal Trainer - Thai (PT Group 5) ♦ <b>APPLY NOW. Limited Space!</b>	Wed & Fri	9 am - 12 pm	96	13-Jan-21	14-May-21	39,950	23-Dec-20
Certified Personal Trainer - Thai (PT Group 6)	Tue	9 am - 4 pm	96	19-Jan-21	25-May-21	39,950	5-Jan-21
Certified Personal Trainer - Thai (PT Group 7)	Sat	9 am - 4 pm	96	6-Feb-21	19-Jun-21	39,950	23-Jan-21
Certified Personal Trainer - Thai (PT Group 8)	Sat	9 am - 4 pm	96	20-Feb-21	3-Jul-21	39,950	23-Jan-21
Certified Personal Trainer - Thai Intensive	Mon-Fri	9 am - 4 pm	78	1-Mar-21	20-Mar-21	38,900	15-Feb-21
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	9-Mar-21
International Yoga Teacher Training (Yoga Alliance®) - 200 hours	Sat	8.30 am - 5 pm	200	20-Feb-21	2-Oct-21	95,000	6-Feb-21
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 Mat Pilates Instructor Training - Thai by Apittiya (prerequisite = Movement Principle)	Sat	9 am - 4 pm	48+6	6-Feb	10-Apr	49,900	Full
Balanced Body Movement Principle+Mat Pilates Instructor Training - Thai by Apittiya	Sat	9 am - 4 pm	64+8	9-Jan	10-Apr	65,400	Full
Balanced Body Movement Principle - Thai by Sugulaya	Thu	9 am - 4 pm	16+2	14-Jan	28-Jan	15,500	31-Dec-20
Balanced Body Mat Pilates Instructor Training - Thai by Apittiya (prerequisite = Movement Principle)	Tue	9 am - 4 pm	48+6	2-Feb	30-Mar	49,900	Full
Balanced Body Pilates Reformer Instructor Training - Thai by Sugulaya	Thu	9 am - 4 pm	48+24	4-Feb-21	6-May-21	80,200	21-Jan-21
Balanced Body CoreAlign 2 Instructor Training - Eng by Apittiya	Sun	9 am - 4 pm	16+2	7-Mar	21-Mar	21,250	21-Feb-21
Balanced Body Movement Principle - Thai by Sugulaya	Thu	9 am - 4 pm	16+2	13-May	27-May	15,500	29-Apr-21
Balanced Body Mat Pilates Instructor Training - Thai by Sugulaya (prerequisite = Movement Principle)	Thu	9 am - 4 pm	48+6	10-Jun	5-Aug	49,900	27-May-21
Balanced Body Movement Principle+Mat Pilates Instructor Training - Thai by Sugulaya	Thu	9 am - 4 pm	64+8	13-May	5-Aug	65,400	8-Apr-21
Balanced Body Pilates Reformer Instructor Training - Thai by Apittiya	Sat	9 am - 4 pm	48+24	15-May-21	7-Aug-21	80,200	1-May-21
Balanced Body Pilates Apparatus Instructor Training - Thai by Apittiya	Tue	9 am - 4 pm	38+10	1-Jun-21	20-Jul-21	63,200	18-May-21

CONTINUING EDUCATION COURSES for Fitness Professionals	DAYS & TIMES	TIME	CECs	STARTS	ENDS	COURSE PRICE	Special discount 10% until
<b>December</b>							
Fit@ Advanced Muscle and Strength Development - Thai by Noppadol	Tue & Wed	9 am - 4 pm	1.2	8-Dec	9-Dec	8,900	24-Nov-20
Barbell Basics - Thai by Wongsatorn *New at Thai Powerlifting Federation, Sathorn*	Sat	9 am - 12 pm	0.3	12-Dec	12-Dec	3,900	Full
Fit@ Fitness Nutrition Specialist - Thai by Wiradech	Sat & Sun	9 am - 4 pm	1.2	12-Dec	13-Dec	8,900	28-Nov-20
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
Fit@ Weight Loss Specialist - Thai by Wiradech	Sat & Sun	9 am - 4 pm	1.2	19-Dec	20-Dec	8,900	5-Dec-20
<b>January</b>							
Fit@ Training Pregnant and Post - Partum Clients - Thai by Sugulaya	Tue-Thu	1 - 4 pm	0.9	5-Jan	7-Jan	6,200	21-Dec-20
Balanced Body@ Anatomy in 3 Dimensions™ - Thai by Apittiya	Wed-Fri	9 am - 4 pm	1.6	20-Jan	22-Jan	18,000	6-Jan-21
TRX Suspension Training Course-Thai by Noppadol	Wed	9 am - 5 pm	0.7	20-Jan	20-Jan	11,650	6-Jan-21
Barbell Basics - Thai by Wongsatorn *New at Thai Powerlifting Federation, Sathorn*	Sat	9 am - 12 pm	0.3	23-Jan	23-Jan	3,900	9-Jan-21
Fit@ Pre & Post Rehab Training - Thai by Sompatt	Tue & Thu	9 am - 12 pm	0.6	19-Jan	21-Jan	4,900	5-Jan-21
<b>February</b>							
Balanced Body@ Arc Training - Thai by Sugulaya	Sat	9 am - 4 pm	0.3	13-Feb	13-Feb	6,600	30-Jan-21
Twist Functional Training 101 - Thai by Farn	Sat & Sun	9 am - 4 pm	0.8	6-Feb	7-Feb	9,100	23-Jan-21
<b>March</b>							
Balanced Body@ Bodhi Comprehensive- Thai by Apittiya	Wed-Fri	9 am - 4 pm	1.6	10-Mar	12-Mar	25,200	24-Feb-21
Balanced Body@ Anatomy in 3 Dimensions™ - Thai by Apittiya	Wed-Fri	9 am - 4 pm	1.6	24-Mar	26-Mar	18,000	10-Mar-21
<b>April</b>							
Balanced Body@ MOTR Comprehensive - Thai by Sugulaya	Fri-Sun	9 am - 4 pm	1.6	23-Apr	25-Apr	25,200	9-Apr-21

WORKSHOPS for General Public	DAYS & TIMES	TIME	Class Hours	STARTS	ENDS	COURSE PRICE	Special discount 10% until
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>	Sun	9 am - 4 pm	6	TBD	TBD	3,900	TBD
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	COURSE PRICE	Special discount 10% until
MORNING sessions: 10 Mar, 4 May (Thai) 19 Mar (Eng)	1 Day	9am - 12pm	3	2,600	2 weeks before
AFTERNOON sessions: 16 & 23 Jan, 15 Mar, 6 May, 19 Jun, 3 Jul (Thai)	1 Day	1pm - 4pm	3	2,600	2 weeks before



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