



สถาบันฝึกอบรมบุคลากรด้านการสอนออกกำลังกายมาตรฐานสากล

Training World-Class Fitness Professionals

- Certification Training
- Seminars & Workshops
- Personal Training, Yoga, Pilates, Group Fitness and Sport Conditioning



2021 CERTIFICATION COURSES	DAYS & TIMES	TIME	CLASS HOURS	STARTS	ENDS	COURSE PRICE	Special discount 10% until
Certified Personal Trainer - Thai (PT Group 9)	Mon & Thu	9 am - 4 pm	96	19-Apr-21	21-Jun-21	39,950	5-Apr-21
Certified Personal Trainer - Thai (PT Group 10)	MWF	9 am - 12 pm	96	26-Apr-21	14-Jul-21	39,950	12-Apr-21
Certified Personal Trainer - Thai (PT Group 11)	MWF	1 - 4 pm	96	10-May-21	30-Jul-21	39,950	26-Apr-21
Certified Personal Trainer - English (EPT Group 2)	TT	9 am - 12 pm	96	11-May-21	9-Sep-21	39,950	27-Apr-21
Certified Personal Trainer - Thai (PT Group 8)	Sat	9 am - 4 pm	96	20-Mar-21	31-Jul-21	39,950	6-Mar-21
Certified Personal Trainer - Thai Intensive	Mon-Fri	9 am - 4 pm	78	7-Jun-21	25-Jun-21	38,900	24-May-21
Certified Health and Wellness Coaching - Thai (Include ACE text book)	Tue & Fri	9 am - 12 pm	45	23-Mar-21	25-May-21	27,200	9-Mar-21
Certified Health and Wellness Coaching - English (Include ACE text book)	Mon & Wed	1 - 4 pm	45	5-May-21	28-Jun-21	27,200	21-Apr-21
International Yoga Teacher Training (Yoga Alliance®) - 200 hours	Sat & Sun	8.30 am - 5 pm	200	6-Mar-21	10-Jul-21	95,000	20-Feb-21
Balanced Body Movement Principle - Thai by Apittiya	Sat	9 am - 4 pm	16+2	13-Feb	27-Feb	15,500	Full
Balanced Body Mat Pilates Instructor Training - Thai by Apittiya (prerequisite = Movement Principle)	Sat	9 am - 4 pm	48+6	6-Mar	29-May	49,900	Full
Balanced Body Movement Principle+Mat Pilates Instructor Training - Thai by Apittiya	Sat	9 am - 4 pm	64+8	13-Feb	29-May	65,400	Full
Balanced Body Movement Principle - Thai by Sugulaya	Thu	9 am - 4 pm	16+2	4-Feb	18-Feb	15,500	21-Jan-21
Balanced Body Mat Pilates Instructor Training - Thai by Apittiya (prerequisite = Movement Principle)	Tue	9 am - 4 pm	48+6	23-Feb	25-May	49,900	9-Feb-21
Balanced Body Pilates Reformer Instructor Training - Thai by Sugulaya	Thu	9 am - 4 pm	48+24	25-Feb	20-May	80,200	11-Feb-21
2021 CONTINUING EDUCATION COURSES for Fitness Professionals	DAYS & TIMES	TIME	CECS	STARTS	ENDS	COURSE PRICE	Special discount 10% until
February							
TRX Suspension Training Course-Thai by Noppadol	Tue	9 am - 5 pm	0.7	16-Feb	16-Feb	11,650	2-Feb-21
Fit® Pre & Post Rehab Training - Thai by Sompat	Tue & Thu	9 am - 12 pm	0.6	16-Feb	18-Feb	4,900	2-Feb-21
Barbell Basics - Thai by Wongstorn *at Thai Powerlifting Federation,Sathom*	Sat	9 am - 12 pm	0.3	20-Feb	20-Feb	3,900	6-Feb-21
Fit® Women Fitness Essentials - Thai by Atikarn	Tue	9 am - 4 pm	0.6	23-Feb	23-Feb	4,900	9-Feb-21
Fit® Fitness Nutrition Specialist - Thai by Wiradetch	Sat & Sun	9 am - 4 pm	1.2	27-Feb	28-Feb	8,900	Full
March							
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
Fit® Fitness Nutrition Specialist - Thai by Wiradetch	Sat & Sun	9 am - 4 pm	1.2	27-Mar	28-Mar	8,900	13-Mar-21
April							
ASIA FITNESS CONFERENCE 2021 Online Live ! (All 30+ sessions are NEW for 2021 from 30+ International Presenters)	Sat - Sun	8.30 am - 4.30 pm	1.2	3-Apr	4-Apr	3,300	14-Feb-21
AFC 2021 Online - Post Conference Sessions							
Jump Sport: Virtual Boot Camp Course - SGT Ken	Mon	9 am - 5 pm	0.8	5-Apr	5-Apr	4,470	14-Feb-21
Physique Transformation Online Speciality Certificate - Benjamin Siong	Mon	12 pm - 2.30 pm	NASM 0.7	5-Apr	5-Apr	5,970	14-Feb-21
Personalised Health and Epigenetics Coaching ph360 - Cameron McDonald and Kyle	Mon	9 am - 5 pm	1.9	5-Apr	5-Apr	4,410	31-Mar-21
Dance GLAM Certificate - Tony Stone	Mon	12 pm - 5 pm	0	5-Apr	5-Apr	3,570	14-Feb-21
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: 4, 20, 25 Apr, 27 May, 10 Jul (Thai) 19 Apr (Eng)	1 Day	9am - 12pm	3			2,600	2 weeks before
AFTERNOON sessions: 13, 20 Feb, 17, 29 Mar, 19 Apr, 12 Jun, 31 Jul	1 Day	1pm - 4pm	3			2,600	2 weeks before



www.asiafitconference.com
 +66 (2) 650 9242 asiafitconference
 afc@fitthai.com @asiafitconference



www.fitthai.com
 +66 (2) 650 9242 fit.thailand
 info@fitthai.com fitthailand.ig