



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 discounts before
Certified Personal Trainer - Thai (PT Group 5 Hybrid onsite start 30 November at FIT)	Tue	9 am - 4 pm	96	19-Oct-21	8-Feb-22	39,950	5-Oct-21
Certified Personal Trainer - Thai (PT Group 15) *new start date*	SAT	9 am - 4 pm	96	13-Nov-21	2-Apr-22	39,950	30-Oct-21
Certified Personal Trainer - Thai (PT Group 16)	Wed & Fri	1 - 4 pm	96	20-Oct-21	2-Mar-22	39,950	6-Oct-21
Certified Personal Trainer - Thai (PT Group 17) *new start date*	SUN	9 am - 4 pm	96	7-Nov-21	27-Mar-22	39,950	24-Oct-21
Certified Personal Trainer - Thai Intensive *new start date*	Mon-Fri	9 am - 4 pm	78	1-Nov-21	20-Nov-21	38,900	18-Oct-21
Certified Personal Trainer - English (EPT Group 1/2022)	MWF	9 am - 12 pm	96	14-Feb-22	13-May-22	39,950	31-Jan-22
Certified Strength and Conditioning Specialist-Thai (Includes NSCA-CSCS textbook) English Exam	Fri	9 am - 4 pm	75	3-Sep-21	3-Dec-21	39,200	to start face to face
Certified Health and Wellness Coaching - English-via Zoom (Include ACE text book)	Tue & Thu	9 am - 12 pm	45	18-Jan-22	8-Mar-22	27,200	18-Dec-21
Certified Health and Wellness Coaching - Thai (Include ACE text book)	Mon & Wed	1 - 4 pm	45	20-Sep-21	10-Nov-21	27,200	postponed
International Yoga Teacher Training (Yoga Alliance®) - 200 hours	Sat & Sun	8.30 am - 5 pm	200	6-Mar-21	TBD	95,000	Started

All new start date as of opening face to face on 4th October 2021

Balanced Body Movement Principle - Thai by Apittiya	Sun	9 am - 4 pm	16+2	10-Oct-21	24-Oct-21	15,500	26-Sep-21
Balanced Body Movement Principle - Thai by Sugulaya	Thu	9 am - 4 pm	16+2	11-Nov-21	25-Nov-21	15,500	28-Oct-21
Balanced Body Mat Pilates Instructor Training - Thai by Sugulaya (prerequisite = Movement Principle)	Thu	9 am - 4 pm	48+6	2-Dec-21	17-Feb-22	49,900	18-Nov-21
Balanced Body Movement Principle+Mat Pilates Instructor Training - Thai by Sugulaya	Thu	9 am - 4 pm	64+8	11-Nov-21	17-Feb-22	65,400	28-Oct-21
Balanced Body Reformer Pilates Instructor Training - Thai by Apittiya (prerequisite = Movement Principle)	Sun	9 am - 4 pm	48+24	7-Nov-21	27-Feb-22	80,200	24-Oct-21
Balanced Body Reformer Pilates Instructor Training - Thai by Apittiya (prerequisite = Movement Principle)	Tue	9 am - 4 pm	48+24	26-Oct-21	8-Feb-22	80,200	Full
Balanced Body Pilates Apparatus Instructor Training - Thai by Apittiya	Sat	9 am - 6 pm	38+10	13-Nov-21	22-Jan-22	63,200	28-Oct-21
Balanced Body Pilates Apparatus Instructor Training - Thai by Sugulaya	Thu	9 am - 4 pm	38+10	3-Mar-22	5-May-22	63,200	17-Feb-22

2021 CONTINUING EDUCATION COURSES for Fitness Professionals	DAYS & TIMES	TIME	CECs	STARTS	ENDS	COURSE PRICE	Special discounts before
ONLINE or HYBRID Courses							
Fit@ Pre & Post Rehab Training - Thai by Sompat via Zoom with E-book & E-Certificate	Tue & Thu	9 am - 12 pm	0.6	5-Oct	7-Oct	3,400	30-Sep-21
2-Day Online AFC 2021 Recorded Sessions	" 35 hours ONLINE via Zoom "			1-Oct	30-Nov	2,000	
Anatomy 101 (Thai Programme)	" 3 hours ONLINE via Teachable "			when apply	within 1 year	959	
Rocktape Introduction of Basic Taping (Thai Programme)	" 3 hours ONLINE via Giantmovement "			25-Sep	25-Oct	999	
Intro to Health Coaching (English Programme)	" 3 hours ONLINE via Teachable "			when apply	within 1 year	919	
Intro to Health Coaching (Thai Programme)	" 3 hours ONLINE via Teachable "			when apply	within 1 year	919	
August							
Fit@ Training Pregnant & Post-Partum Clients - Thai by Sugulaya	Mon - Wed	1 pm - 4 pm	0.9	TBD	TBD	6,200	postponed
Fit@ Senior Fitness Specialist - Thai by Atikarn	Mon&Tue	9 am - 4 pm	1.2	TBD	TBD	8,900	postponed
Fit@ Pre & Post Rehab Training - Thai by Sompat	Tue & Wed	1 pm - 4 pm	0.6	TBD	TBD	4,900	postponed
Fit@ Advanced Muscle & Strength Development - Thai by Noppadol	Wed & Fri	9 am - 4 pm	1.2	TBD	TBD	8,900	postponed
Fit@ Youth Exercise Essentials - Thai by Kittinan	Wed	9 am - 4 pm	0.6	TBD	TBD	4,900	postponed
Functional Movement Training Basic(FMT Basic)	Fri	9 am - 5 pm	0	TBD	TBD	7,500	postponed
Barbell Basics - Thai by Wongsatorn *at Thai Powerlifting Federation,Sathorn*	Sat	9 am - 12 pm	0.3	TBD	TBD	3,900	postponed
Fit@ Weight Loss Specialist - Thai by Wiradech	Tue & Fri	9 am - 4 pm	1.2	TBD	TBD	8,900	postponed
Golf Fitness Workshop - Thai by Vatin	Wed & Thu	9 am - 5 pm	0	TBD	TBD	7,900	postponed
Functional Movement Training Performance (FMT Performance)	Fri	9 am - 5 pm	0	TBD	TBD	7,500	postponed
September							
Balanced Body@ Anatomy in 3 Dimensions™ - Thai by Apittiya	Wed - Fri	9 am - 4 pm	1.6	TBD	TBD	18,000	postponed
BOSU@ Next Generation Balance Training - Thai by Thanakorn	Fri	9 am - 4 pm	0.4	3-Sep	3-Sep	4,800	postponed
FTI Functional Mobility Course -Thai by Kamonchai	Tue	9 am - 5 pm	0	6-Sep	6-Sep	9,100	postponed
December							
Fit@ Fitness Nutrition Specialist - English by Suzanne - onsite	Mon & Wed	9 am - 4 pm	1.2	29-Nov	1-Dec	8,900	15-Nov-21
Fit@ Weight Loss Specialist - English by Suzanne - onsite	Mon & Wed	9 am - 4 pm	1.2	13-Dec	15-Dec	8,900	29-Nov-21

WORKSHOPS for General Public	DAYS & TIMES	TIME	Class Hours	STARTS	ENDS	COURSE PRICE	Special discounts before
Running Fundamental - Thai by Atikarn & Thanakorn	Sat & Sun	9 am - 4 pm	12	18-Dec	19-Dec	5,900	4-Dec-21
Healthy Eating Essentials - Thai by Atikarn <i>NEW *For General Public only*</i>	TBD	9 am - 4 pm	6	TBD	TBD	3,900	TBD
Healthy Eating Essentials - English by Suzanne <i>*For General Public only*</i>	TBD	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 discounts before
MORNING sessions:	1 Day	9am - 12pm	3	TBD	TBD	2,600	2 weeks before
AFTERNOON sessions:	1 Day	1pm - 4pm	3	TBD	TBD	2,600	2 weeks before

โปรโมชั่นพิเศษ ! 10.10.19.19

10.10 >> UPTO 19% OFF

เมื่อลงทะเบียนหลักสูตร Certified Personal Trainer