



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) <b>*new start date*</b>	SAT	9 am - 4 pm	96	13-Nov-21	2-Apr-22	39,950	Full
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) <b>*new start date*</b>	SUN	9 am - 4 pm	96	7-Nov-21	27-Mar-22	39,950	24-Oct-21
Certified Personal Trainer - Thai Intensive <b>*new start date*</b>	Mon-Fri	9 am - 4 pm	78	7-Feb-22	25-Feb-22	38,900	24-Jan-22
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	15-Oct-21	4-Feb-22	39,200	Full
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)	Tue & Thu	1 - 4 pm	45	1-Feb-22	22-Mar-22	27,200	18-Jan-22
International Yoga Teacher Training (Yoga Alliance®) - 200 hours	Sat & Sun	8.30 am - 5 pm	200	6-Mar-21	TBD	95,000	Started
<b>*All new start date as of opening face to face on 4th October 2021*</b>							
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	20-Nov-21	29-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
Balanced Body Movement Principle+Mat Pilates Instructor Training G1 - Thai by Apittiya <b>*NEW*</b>	Sat	9 am - 4 pm	64+8	5-Feb-22	21-May-22	65,400	22-Jan-22
Balanced Body Movement Principle+Mat Pilates Instructor Training G2- Thai by Apittiya <b>*NEW*</b>	Tue	9 am - 4 pm	64+8	15-Feb-22	31-May-22	65,400	1-Feb-22
Balanced Body Pilates Apparatus Instructor Training G1 - Thai by Apittiya <b>*NEW*</b>	Sat	9 am - 4 pm	38+10	11-Jun-22	30-Jul-22	63,200	28-May-22
2021 CONTINUING EDUCATION COURSES for Fitness Professionals	DAYS & TIMES	TIME	CECs	STARTS	ENDS	COURSE PRICE	Special discounts before
<b>ONLINE or HYBRID Courses</b>							
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	
<b>October</b>							
BOSU® Next Generation Balance Training - Thai by Thanakorn(+6,500 for Black BOSU next gen)	Fri	9 am - 4 pm	0.4	15-Oct	15-Oct	4,800	10-Oct-21
Golf Fitness Workshop - Thai by Vatin	Wed & Thu	9 am - 5 pm	0	20-Oct	21-Oct	7,900	10-Oct-21
Fit® Weight Loss Specialist - Thai by Wiradech	Tue & Fri	9 am - 4 pm	1.2	26-Oct	29-Oct	8,900	10-Oct-21
Fit® Youth Exercise Essentials - Thai by Kittinan	Wed	9 am - 4 pm	0.6	27-Oct	27-Oct	4,900	10-Oct-21
Barbell Basics - Thai by Wongsatorn *at Thai Powerlifting Federation, Sathorn*	Sat	9 am - 12 pm	0.3	30-Oct	30-Oct	3,900	10-Oct-21
<b>November</b>							
Balanced Body® Anatomy in 3 Dimensions™ - Thai by Apittiya	Wed - Fri	9 am - 4 pm	1.6	3-Nov	5-Nov	18,000	20-Oct-21
Fit® Advanced Muscle & Strength Development - Thai by Noppadol	Mon & Tue	9 am - 4 pm	1.2	8-Nov	9-Nov	8,900	25-Oct-21
Fit® Senior Fitness Specialist - Thai by Atikarn	Mon & Tue	9 am - 4 pm	1.2	15-Nov	16-Nov	8,900	1-Nov-21
Golf Fitness Workshop - Thai by Vatin	Wed & Fri	9 am - 5 pm	0	17-Nov	19-Nov	7,900	3-Nov-21
Fit® Training Pregnant & Post-Partum Clients - Thai by Sugulaya	Mon - Wed	1 pm - 4 pm	0.9	22-Nov	24-Nov	6,200	8-Nov-21
FTI Functional Mobility Course -Thai by Kamonchai	Mon	9 am - 5 pm	0	22-Nov	22-Nov	9,100	8-Nov-21
Fit® Fitness Nutrition Specialist - English by Suzanne	Mon & Wed	9 am - 4 pm	1.2	29-Nov	1-Dec	8,900	15-Nov-21
<b>December</b>							
Fit® Weight Loss Specialist - English by Suzanne	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 <b>NEW *For General Public only*</b>	TBD	9 am - 4 pm	6	TBD	TBD	3,900	TBD
Healthy Eating Essentials - English by Suzanne <b>*For General Public only*</b>	TBD	9 am - 4 pm	6	TBD	TBD	3,900	TBD
BASIC LIFE SUPPORT (CPR, AED, Choking)	DAY	TIME	Class Hours			COURSE PRICE	Special discounts before
MORNING sessions: 7 November-Thai , 27 March-Thai	1 Day	9am - 12pm	3	TBD	TBD	2,600	2 weeks before
AFTERNOON sessions: 18 February-Thai , 2 April - Thai	1 Day	1pm - 4pm	3	TBD	TBD	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