



# COURSE SCHEDULE UPDATE

ตารางอบรมหลักสูตรประกาศนียบัตรวิชาชีพและหลักสูตรต่อเนื่องระยะสั้น



EDUCATING & EMPOWERING FITNESS PROFESSIONALS

2024 CERTIFICATION COURSES	DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
<b>PERSONAL TRAINER CERTIFICATION</b>							
Certified Personal Trainer - Thai (PT Group 19/2024) <b>NEW!</b>	Tue & Thu	9 am - 4 pm	96	17-Sep-24	14-Nov-24	44,000	3-Sep-24
Certified Personal Trainer - Thai (PT Group 20/2024) <b>NEW!</b>	Tue & Thu	9 am - 4 pm	96	29-Oct-24	14-Jan-25	44,000	15-Oct-24
Certified Personal Trainer - Thai (PT Group 2 CNX/2024) <b>Limited space!</b> at <i>Lion Fitness, Chiang Mai</i>	Fri, Sat, Sun	9 am - 4 pm	96	1-Nov-24	1-Dec-24	44,000	18-Oct-24
Certified Personal Trainer - Eng (EPT Group 2/2024) <b>English Programme!</b>	MWF-AM	9 am - 12 pm	96	2-Sep-24	27-Nov-24	44,000	19-Aug-24
Certified Personal Trainer - Thai (PT Group 1/2025) <b>NEW!</b>	Sun	9 am - 4 pm	96	5-Jan-25	25-May-25	44,000	22-Dec-24
Certified Personal Trainer - Thai (PT Group 6/2025) <b>NEW!</b>	Sat	9 am - 4 pm	96	25-Jan-25	14-Jun-25	44,000	11-Jan-25
Certified Personal Trainer - Intensive 3 weeks Thai (IPT Group 1/2025) <b>NEW!</b>	Mon-Fri	9 am - 4 pm	84	10-Mar-25	29-Mar-25	42,900	24-Feb-25
<i>Remark: ACE Personal Trainer Exam Preparation Course</i>							
<b>GROUP FITNESS</b>							
AFAA International Certified Group Fitness Instructor (Thai) <b>Special offers! 20% discount for limited time</b>	Mon	9 am - 4 pm	30	4-Nov-24	16-Dec-24	28,000	21-Oct-24
<b>YOGA</b>							
200 hours Hatha Vinyasa Yoga Teacher Training - Thai by Kru Jimmy <b>New &amp; Improve!</b> <b>NEW!</b>	Thu-Sun	9am - 4 pm	200	6-Feb-25	18-May-25	69,000	23-Jan-25
<b>PILATES INSTRUCTOR TRAINING : Bangkok location</b> at FIT Thailand							
Balanced Body® Movement Principle G6/2024 - Thai by Apittiya	Wed	9 am - 4 pm	18	11-Sep-24	25-Sep-24	17,000	Full
Balanced Body® Movement Principle G11/2024 - Thai by Sugulaya	Sun	9 am - 4 pm	18	15-Sep-24	29-Sep-24	17,000	Full
Balanced Body® Movement Principle G9/2024 - Thai by Apittiya	Tue	9 am - 4 pm	18	1-Oct-24	15-Oct-24	17,000	17-Sep-24
Balanced Body® Mat Pilates Instructor Training G.4/2024 - Thai by Apittiya <i>(A prerequisite : Movement Principle)</i>	Wed	9 am - 4 pm	54	22-Oct-24	28-Jan-25	55,000	Full
Balanced Body® Movement Principle G10/2024 - Thai by Apittiya	Fri-Sun	9 am - 4 pm	18	15-Nov-24	17-Nov-24	17,000	Full
Balanced Body® Pilates Apparatus Instructor Training G5.1/2024 - Thai by Sugulaya <i>(A prerequisite : Movement Principle , Mat, Reformer)</i>	Sat&Sun	9 am - 6 pm	60	2-Nov-24	1-Dec-24	78,300	Full
Balanced Body® Reformer Pilates Instructor Training G6/2024- Thai by Sugulaya <i>(A prerequisite : Movement Principle)</i>	Thu	9 am - 4 pm*	72	7-Nov-24	13-Feb-25	88,400	Full
Balanced Body® Mat Pilates Instructor Training G.1/2025 - Thai by Sugulaya <i>(A prerequisite : Movement Principle)</i>	Fri-Sun	9 am - 4 pm	54	10-Jan-25	16-Mar-25	55,000	23-Dec-24
Balanced Body® Pilates Apparatus Instructor Training 1/2025 - Thai Apittiya <i>(A prerequisite : Movement Principle , Mat, Reformer)</i>	Sat	9 am - 6 pm	60	18-Jan-25	22-Mar-25	78,300	Full
Balanced Body® Reformer Pilates Instructor Training G6/2024- Thai Apittiya <i>(A prerequisite : Movement Principle)</i>	Tue	9 am - 4 pm*	72	4-Feb-25	29-Apr-25	88,400	Full
<b>PILATES INSTRUCTOR TRAINING : Chiang Mai location</b> at Chu Pilates							
Balanced Body® Movement Principle G.CNX4/2024 - Thai by Chutima.	Sat - Mon	9 am - 4 pm	18	12-Oct-24	14-Oct-24	17,000	Full
Balanced Body® Movement Principle G.CNX4/2024 - Thai by Chutima.	Sat & Sun	8 am - 6 pm	18	2-Nov-24	3-Nov-24	17,000	19-Oct-24
Balanced Body® Reformer Pilates Instructor Training G.CNX2/2024- Thai by Chutima. <i>(A prerequisite : Movement Principle)</i>	Sat - Mon	9 am - 6 pm	72	26-Oct-24	23-Dec-24	88,400	12-Oct-24
Balanced Body® Mat Pilates Instructor Training G.CNX2/2024 - Thai by Chutima. <b>NEW!</b> <i>(A prerequisite : Movement Principle)</i>	Sat-Mon/Fri-Mon	9 am - 6 pm	54	9-Nov-24	9-Dec-24	55,000	26-Oct-24
<b>ASIA FITNESS CONFERENCE : AFC 2024</b> ( 18 - 20 October 2024 at BITEC, Bangna, Bangkok )							
AFC 2024 : <b>3-DAY PASS</b> *Recommended*	Fri , Sat , Sun	7:30 am - 5:30 pm	max. 161	18-Oct	20-Oct	<del>15,900</del>	14,700
AFC 2024 : <b>2-DAY PASS</b>	Sat , Sun	7:30 am - 5:30 pm	max. 100	19-Oct	20-Oct	<del>11,000</del>	12,500
AFC 2024 : <b>1-DAY PASS</b>	Friday	7:30 am - 5:30 pm	max. 50	18-Oct	18-Oct	<del>10,300</del>	9,500
<i>SPECIAL OFFERS : FIT Thailand students and graduates are entitled to a 10% discount on the AFC price. Call us at 02 650 9242 for the PROMO code. To find out more, please visit our website at <a href="http://www.asiafitconference.com">www.asiafitconference.com</a></i>							
<b>POST-CONFERENCE SESSIONS : AFC 2024</b> ( Monday, 21st October 2024 )							
Session 401 : How to Programme for Beginner Clients with Nick Tumminello	Monday	9 am - 4 pm	ACE, NASM	21-Oct	21-Oct	11,100	9,250
Session 402 : Fitness Business Scaling Secrets with CJ Lee	Monday	9 am - 4 pm	-	21-Oct	21-Oct	7,400	5,555
Session 403 : YBELL Coaching Course TRX with Aaron Laurence <b>Limited space!</b>	Monday	9 am - 4 pm	ACE, NASM, AFAA	21-Oct	21-Oct	11,100	-
Session 404 : ZUMBA Basic Level 1 with Monthira Lerat and Marina Subhananta <b>Limited space!</b>	Monday	9 am - 4 pm	ACE, NASM, AFAA	21-Oct	21-Oct	4,200	-
<b>AUGUST</b>							
Balanced Body MOTR Instructor Training Comprehensive- Thai by Sugulaya	Fri-Sun	9 am - 4 pm	1.6	30-Aug	1-Sep	26,400	16-Aug-24
Fit® Sports Nutrition in Practice - Thai by Kriyot	Sat	9 am - 5 pm	0.7	31-Aug	31-Aug	6,100	Full
<b>SEPTEMBER</b>							
Partner Stretching Workshop - Thai by Kru Jimmy (WORKSHOP for general public) <b>Recommended!</b>	Mon	1 pm - 4 pm	0	2-Sep	2-Sep	2,600	Full
Balanced Body Anatomy in Three Dimensions Instructor Training - Thai by Apittiya	Wed-Fri	9 am - 4 pm	1.6	4-Sep	6-Sep	18,900	21-Aug-24
Programming for Maximum Strength and Hypertrophy - Thai by Wongsatorn <b>NEW!</b>	Sat	9.30 am - 3.30 pm	0.5	7-Sep	7-Sep	6,850	24-Aug-24
Fit® Training Clients with Lower Back Pain - Thai by Sompat	Tue	9 am - 4 pm	0.6	10-Sep	10-Sep	5,200	27-Aug-24
Barbell Basics - Thai by Wongsatorn	Sat	1 pm - 4 pm	0.3	21-Sep	21-Sep	4,100	7-Sep-24
Fit® Youth Exercise Essentials - Thai by Kittinan	Mon	9 am - 4 pm	0.6	23-Sep	23-Sep	5,200	9-Sep-24
Fit® Fitness Nutrition Specialist - Thai by Wiradech	Wed&Thu	9 am - 4 pm	1.2	25-Sep	26-Sep	9,400	12-Sep-24
Weight Training 101-Thai by Durongkorn ( <b>WORKSHOP for general public-NEW!!</b> )	Sat	9 am - 4 pm	0	28-Sep	28-Sep	4,900	14-Sep-24
Fit® Sports Nutrition in Practice - Thai by Kriyot <b>NEW!</b>	Sun	9 am - 5 pm	0.7	29-Sep	29-Sep	6,100	15-Sep-24
<b>OCTOBER</b>							
Olympic Weightlifting Seminar (Thai) by Iron Hive <b>NEW!</b>	Sat & Sun	9 am - 4 pm/12 pm - 6 pm	1.2	5-Oct	6-Oct	8,900	21-Sep-24



# COURSE SCHEDULE UPDATE

ตารางอบรมหลักสูตรประกาศนียบัตรวิชาชีพและหลักสูตรต่อเนื่องระยะสั้น

EDUCATING & EMPOWERING FITNESS PROFESSIONALS



Fit® Women Fitness Essentials - Thai by Atikarn	Tue	9 am - 4 pm	0.6	8-Oct	8-Oct	5,200	24-Sep-24										
Sports Massage - Thai by Pimruk & Newton EM Physiology Team	Sun & Mon	9 am - 4 pm	0	27-Oct	28-Oct	7,900	13-Oct-24										
Fit® Pilates Anatomy by Apittiya (include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger)	Wed&Thu	9 am - 4 pm	0	30-Oct	31-Oct	9,900	16-Oct-24										
<b>NOVEMBER</b>																	
Balanced Body® CoreAlign Instructor Training 1 - Thai by Apittiya (exclude manual fee 2,800 THB)	Fri-Sun	9 am - 4 pm	1.6	8-Nov	10-Nov	22,300	25-Oct-24										
Coaching Cues for 7 Fundamental Movements by Tham Thaiyanont <b>NEW!</b>	Sat	9 am - 4 pm	0	9-Nov	9-Nov	4,900	26-Oct-24										
TWIST Functional Training 101 by Coach Farn Sritrairatana <b>NEW!</b>	Sat & Sun	9 am - 5 pm	1.2	30-Nov	1-Dec	9,500	16-Nov-24										
Fit® Senior Fitness Specialist - Thai by Atikarn	Sat-Sun	9 am - 4 pm	1.2	23-Nov	24-Nov	9,400	9-Nov-24										
<b>DECEMBER</b>																	
Fit® Weight Loss Specialist - Thai by Kriyot at Lion Fitness, Chiang Mai <b>NEW!</b>	Sat-Sun	9 am - 4 pm	1.2	7-Dec	8-Dec	9,400	23-Nov-24										
<b>ONLINE AND HYBRID COURSES</b>		<b>ONLINE PLATFORM</b>		<b>DURATION</b>		<b>STARTS</b>		<b>ENDS</b>		<b>SPECIAL RATE</b>		<b>EARLY BIRD ENDS</b>					
Anatomy 101 ( Thai Programme )		Teachable		3		when apply		within 1 year		959		-					
Rocktape Introduction of Basic Taping (Thai Programme)		3 hours ONLINE via Giantmovement				when apply		within 1 month		999							
Intro to Health Coaching (English Programme)		" 3 hours ONLINE via Teachable "				when apply		within 1 year		919		-					
Intro to Health Coaching (English Programme)		" 3 hours ONLINE via Teachable "				when apply		within 1 year		919		-					
Anatomy 101 ( Thai Programme)		" 3 hours ONLINE via Teachable "				when apply		within 1 year		959							
Intro to Health Coaching ( Thai Programme)		Teachable		2.5		when apply		within 1 year		919							
Intro to Health Coaching (English Programme)		Teachable		2.5		when apply		within 1 year		919							
<b>WORKSHOPS for General Publics</b>				<b>DAYS</b>		<b>TIME</b>		<b>DURATION</b>		<b>STARTS</b>		<b>ENDS</b>		<b>REGULAR RATE</b>		<b>EARLY BIRD ENDS</b>	
Healthy Eating Essentials - Thai by Atikarn * For General Public only *				1 Day		9 am - 4 pm		6		TBD		TBD		4,100		TBD	
<b>BASIC LIFE SUPPORT ( CPR , AED AND CHOKING )</b>				<b>DAYS</b>		<b>TIME</b>		<b>DURATION</b>		<b>STARTS</b>		<b>ENDS</b>		<b>REGULAR RATE</b>		<b>EARLY BIRD ENDS</b>	
MORNING sessions: 15 Sep (PT7) , 24 Sep (PT16) , 2 Nov (PT12) , 4 Nov (PT18) , 14 Nov (PT19) , 17 Nov (PT13) , 25 Nov (EPT) , 16 Dec (PT17) , 14 Jan 25 (PT20)				1 Day		9 am - 12 pm		3						2,600		2 weeks before	
AFTERNOON sessions: 29 Nov (Chiangmai)				1 Day		9 am - 12 pm		3						2,600		2 weeks before	

UPDATED : August 28, 2024

