



COURSE SCHEDULE UPDATE

ตารางอบรมหลักสูตรประกาศนียบัตรวิชาชีพและหลักสูตรต่อเนื่องระยะสั้น

EDUCATING & EMPOWERING FITNESS PROFESSIONALS



2024 CERTIFICATION COURSES		DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
PERSONAL TRAINER CERTIFICATION								
Certified Personal Trainer - Thai (PT Group 19/2024)		Tue & Thu	9 am - 4 pm	96	17-Sep-24	14-Nov-24	44,000	Full
Certified Personal Trainer - Thai (PT Group 20/2024) NEW!		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) Limited space! 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 - Thai (PT Group 1/2025)		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) NEW!		Sat	9 am - 4 pm	96	25-Jan-25	14-Jun-25	44,000	11-Jan-25
Certified Personal Trainer - Intensive 3 weeks Thai (PT Group 1/2025) NEW!		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>								
SPORT CONDITIONING								
Certified Strength and Conditioning Specialist-Thai (Exclude NSCA-CSCS textbook) NEW!		Sun	10 am - 5 pm	72	2-Feb-25	25-May-25	43,300	19-Jan-25
GROUP FITNESS								
AFAA International Certified Group Fitness Instructor (Thai) Special offers! 20% discount for limited time		Mon	9 am - 4 pm	30	4-Nov-24	16-Dec-24	28,000	21-Oct-24
YOGA								
200 hours Hatha Vinyasa Yoga Teacher Training - Thai by Kru Jimmy		Thu-Sun	9am - 4 pm	200	6-Feb-25	18-May-25	69,000	23-Jan-25
PILATES INSTRUCTOR TRAINING : Bangkok location at FIT Thailand								
Balanced Body Reformer Pilates Instructor Training G3- Thai by Sugulaya (prerequisite = Movement Principle)		Thu	9 am - 4 pm	72	4-Aug-22	27-Oct-22	80,200	21-Jul-22
Balanced Body Movement Principle G3-Thai by Sugulaya		Thu	9 am - 4 pm	18			15,500	
Balanced Body Movement Principle G3-Thai by Sugulaya			9 am - 4 pm	18			15,500	
Balanced Body* Pilates Apparatus Instructor Training G2/2024 - Thai by Sugulaya		Thu	9 am - 4 pm	60	25-Apr-24	20-Jun-24	78,300	11-Apr-24
Balanced Body* Reformer Pilates Instructor Training G4/2024- Thai by Apittiya <i>(A prerequisite: Movement Principle)</i>		Tue	9 am - 4 pm	72	4-Jun-24	24-Sep-24	88,400	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	Full
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* 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* 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* 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
PILATES INSTRUCTOR TRAINING : Chiang Mai location 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. NEW! <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
ASIA FITNESS CONFERENCE : AFC 2024 (18 - 20 October 2024 at BITEC, Bangna, Bangkok)								
AFC 2024 : 3-DAY PASS *Recommended*		Fri, Sat, Sun	7:30 am - 5:30 pm	max. 161	18-Oct	20-Oct	15,900	14,700
AFC 2024 : 2-DAY PASS		Sat, Sun	7:30 am - 5:30 pm	max. 100	19-Oct	20-Oct	11,000	12,500
AFC 2024 : 1-DAY PASS		Friday	7:30 am - 5:30 pm	max. 50	18-Oct	18-Oct	10,300	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 www.asiafitconference.com</i>								
POST-CONFERENCE SESSIONS : AFC 2024 (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 Limited space!		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 Limited space!		Monday	9 am - 4 pm	ACE, NASM, AFAA	21-Oct	21-Oct	4,200	-
SEPTEMBER								
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	Full
Fit* Fitness Nutrition Specialist - Thai by Wiradech		Wed&Thu	9 am - 4 pm	1.2	25-Sep	26-Sep	9,400	Full
Weight Training 101-Thai by Durongkorn (WORKSHOP for general public-NEW!!)		Sat	9 am - 4 pm	0	28-Sep	28-Sep	4,900	14-Sep-24
Fit* Sports Nutrition in Practice - Thai by Kriyot NEW!		Sun	9 am - 5 pm	0.7	29-Sep	29-Sep	6,100	15-Sep-24
OCTOBER								
Olympic Weightlifting Seminar (Thai) by Iron Hive NEW!		Sat & Sun	9 am - 4 pm/12 pm - 6 pm	1.2	5-Oct	6-Oct	8,900	21-Sep-24
Fit* Women Fitness Essentials - Thai by Atikarn		Tue	9 am - 4 pm	0.6	8-Oct	8-Oct	5,200	24-Sep-24
Fit* Weight Loss Specialist - Thai by Wiradech		Fri&Sat	9 am - 4 pm	1.2	25-Oct	26-Oct	9,400	11-Oct-24
Sports Massage - Thai by Pimruk & Newton EM Physiology Team		Sun & Mon	9 am - 4 pm	0	27-Oct	28-Oct	7,900	Full
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
NOVEMBER								
Partner Stretching Workshop - Thai by Kru Jimmy (WORKSHOP for general public) Recommended!		Wed	1 pm - 4 pm	0	6-Nov	6-Nov	2,600	23-Oct-24
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 NEW!		Sat	9 am - 4 pm	0	9-Nov	9-Nov	4,900	26-Oct-24
Fit* Pre & Post Rehab Training - Thai by Sompat		Tue	9 am - 4 pm	0.6	19-Nov	19-Nov	5,200	5-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
Sports Massage - Thai by Pimruk & Newton EM Physiology Team		Sat-Sun	9 am - 4 pm	0	23-Nov	24-Nov	7,900	9-Nov-24
TWIST Functional Training 101 by Coach Farn Sritraitatana NEW!		Sat & Sun	9 am - 5 pm	1.2	30-Nov	1-Dec	9,500	16-Nov-24
DECEMBER								
Fit* Weight Loss Specialist - Thai by Kriyot at <i>Lion Fitness, Chiang Mai</i> NEW!		Sat-Sun	9 am - 4 pm	1.2	7-Dec	8-Dec	9,400	23-Nov-24
ONLINE AND HYBRID COURSES								
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	
WORKSHOPS for General Publics								
Healthy Eating Essentials - Thai by Atikarn *For General Public only*		1 Day	9 am - 4 pm	6	TBD	TBD	4,100	TBD
BASIC LIFE SUPPORT (CPR , AED AND CHOKING)								
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