



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 20/2024)	Tue & Thu	9 am - 4 pm	96	29-Oct-24	14-Jan-25	44,000	Full
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	01-Nov-24	01-Dec-24	44,000	Full
Certified Personal Trainer - Thai (PT Group 1/2025)	Sun	9 am - 4 pm	96	05-Jan-25	25-May-25	44,000	Full
Certified Personal Trainer - Thai (PT Group 2/2025)	Mon,Wed	9 am - 4 pm	96	06-Jan-25	05-Mar-25	44,000	23-Dec-24
Certified Personal Trainer - Thai (PT Group 3/2025)	Tue & Thu	1 pm - 4 pm	96	07-Jan-25	08-May-25	44,000	24-Dec-24
Certified Personal Trainer - Thai (PT Group 4/2025)	Mon,Wed,Fri	9 am - 12 pm	96	13-Jan-25	04-Apr-25	44,000	30-Dec-24
Certified Personal Trainer - Thai (PT Group 1 Phuket/2025) Limited space! at <i>Alpha Health Club , Phuket</i>	Fri, Sat, Sun	9 am - 4 pm	84	17-Jan-25	23-Feb-25	44,000	3-Jan-25
Certified Personal Trainer - Thai (PT Group 5/2025)	Tue & Thu	9 am - 4 pm	96	21-Jan-25	18-Mar-25	44,000	7-Jan-25
Certified Personal Trainer - Thai (PT Group 6/2025)	Sat	9 am - 4 pm	96	25-Jan-25	14-Jun-25	44,000	11-Jan-25
Certified Personal Trainer - Intensive 3 weeks - Eng (EPT Group 1/2025)	Mon-Fri	9 am - 4 pm	78+6	10-Feb-25	28-Feb-25	42,900	27-Jan-25
Certified Personal Trainer - Intensive 3 weeks - Thai (IPT Group 1/2025)	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 group	Sun	10 am - 5 pm	72	02-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	04-Nov-24	16-Dec-24	28,000	21-Oct-24
YOGA							
200 hours Hatha Vinyasa Yoga Teacher Training - Thai by Kru Jimmy New & Improve! new arrival	Thu-Sun	9am - 4 pm	200	06-Feb-25	18-May-25	69,000	23-Jan-25
PILATES INSTRUCTOR TRAINING : Bangkok location at FIT Thailand							
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	02-Nov-24	01-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	07-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	Full
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	04-Jan-25
Balanced Body® Movement Principle G1/2025 - Thai by Apittiya	Sun	9 am - 4 pm	18	19-Jan-25	02-Feb-25	17,000	05-Jan-25
Balanced Body® Reformer Pilates Instructor Training G1/2025- Thai Apittiya <i>(A prerequisite : Movement Principle)</i>	Tue	9 am - 4 pm*	72	04-Feb-25	29-Apr-25	88,400	Full
Balanced Body® Reformer Pilates Instructor Training G2/2025- Thai Apittiya <i>(A prerequisite : Movement Principle)</i>	Sun	9 am - 4 pm*	72	09-Feb-25	08-Jun-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® 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® Movement Principle G.CNX4/2024 - Thai by Chutima.	Sat & Sun	8 am - 6 pm	18	02-Nov-24	03-Nov-24	17,000	19-Oct-24
Balanced Body® Mat Pilates Instructor Training G.CNX2/2024 - Thai by Chutima. new group <i>(A prerequisite : Movement Principle)</i>	Sat-Mon/Fri-Mon	9 am - 6 pm	54	09-Nov-24	09-Dec-24	55,000	26-Oct-24
Balanced Body® Reformer Pilates Instructor Training G.CNX1/2025- Thai by Chutima. <i>(A prerequisite : Movement Principle)</i>	Sat - Mon	9 am - 6 pm	72	11-Jan-25	24-Feb-25	88,400	28-Dec-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	
AFC 2024 : 2-DAY PASS	Sat , Sun	7:30 am - 5:30 pm	max. 100	19-Oct	20-Oct	13,100	
AFC 2024 : 1-DAY PASS	Friday	7:30 am - 5:30 pm	max. 50	18-Oct	18-Oct	10,300	
<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	
Session 402 : Fitness Business Scaling Secrets with CJ Lee	Monday	9 am - 4 pm	-	21-Oct	21-Oct	7,400	
Session 403 : YBELL Coaching Course TRX with Aaron Laurence Limited space!	Monday	9 am - 4 pm	ACE, NASM, AFAA	21-Oct	21-Oct	9,900	
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	
OCTOBER							
Fit® Women Fitness Essentials - Thai by Atikarn	Tue	9 am - 4 pm	0.6	8-Oct	8-Oct	5,200	Full
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 <i>(include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger)</i>	Wed&Thu	9 am - 4 pm	0	30-Oct	31-Oct	9,900	Full
NOVEMBER							
Fit® Weight Loss Specialist - Thai by Wiradech	Fri&Sat	9 am - 4 pm	1.2	1-Nov	2-Nov	9,400	18-Oct-24



COURSE SCHEDULE UPDATE

ตารางอบรมหลักสูตรประกาศนียบัตรวิชาชีพและหลักสูตรต่อเนื่องระยะสั้น



EDUCATING & EMPOWERING FITNESS PROFESSIONALS

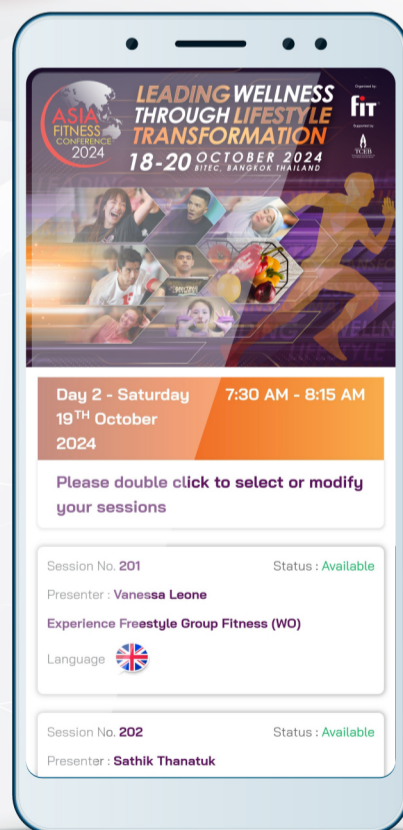
2024 CERTIFICATION COURSES	DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
Partner Stretching Workshop - Thai by Kru Jimmy (WORKSHOP for general public) Recommended!	Wed	1 pm - 4 pm	0	6-Nov	6-Nov	2,600	23-Oct-24
Balanced Body® CoreAlign Instructor Training 1 - Thai by Apittiya (exclude manual 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 group	Sat	9 am - 4 pm	0	9-Nov	9-Nov	4,900	26-Oct-24
Programming for Maximum Strength and Hypertrophy - Thai by Wongsatorn new group	Sat	9.30 am - 3.30 pm	0.5	16-Nov	16-Nov	6,850	2-Nov-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® Youth Exercise Essentials - Thai by Kittinan new group	Fri	9 am - 4 pm	0.6	22-Nov	22-Nov	5,200	8-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 Srirairatana new group	Sat & Sun	9 am - 5 pm	1.2	30-Nov	1-Dec	9,500	16-Nov-24
DECEMBER							
Barbell Basics - Thai by Wongsatorn new group	Sat	1 pm - 4 pm	0.3	7-Dec	7-Dec	4,100	23-Nov-24
Fit® Weight Loss Specialist - Thai by Kriyot at Lion Fitness, Chiang Mai new group	Sat-Sun	9 am - 4 pm	1.2	7-Dec	8-Dec	9,400	23-Nov-24
Fit® Golf Fitness Workshop - Thai by Vatin at Lion Fitness, Chiang Mai new group	Fri&Sat	9 am - 5 pm	0	13-Dec	14-Dec	8,300	29-Nov-24
Fit® Strength and Power Exercises for Golfer - Thai by Vatin	Sun	9 am - 4.30 pm	0	15-Dec	15-Dec	4,900	1-Dec-24
ONLINE AND HYBRID COURSES	ONLINE PLATFORM	DURATION	STARTS	ENDS	SPECIAL RATE	EARLY BIRD ENDS	
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)	Teachable	2.5	when apply	within 1 year	919		
WORKSHOPS for General Publics	DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
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)	DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
MORNING sessions: 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 - 12pm	3			2,600	2 weeks before
AFTERNOON sessions: 29 Nov(Chiangmai)	1 Day	9 am - 12pm	3			2,600	2 weeks before
						UPDATED :	3-Oct-24



UPDATE & UPGRADE YOUR SKILL

to cope with our changing world.

อัปเดต **เทรนด์สุขภาพ, เทคนิคการสอน และ นวัตกรรม** การออกกำลังกายในอนาคต
กับ 60 มาสเตอร์ทั่วโลกมากกว่า 160 SESSION พบกัน **18 - 20 ตุลาคม** นี้ โลก บางนา



5 ขั้นตอนง่าย ๆ ในการเลือกเซสชัน

Easy 5 steps to select your Preferred Sessions

- 01 VISIT AFC WEBSITE**
Visit our official website www.asiafitconference.com and click on LOG IN.
- 02 LOG IN**
Enter USERNAME (your registered email) and PASSWORD (confirmation number when you registered)
- 03 VIEW THE OPTIONS**
Scroll down to Session Selection, double click on the time slot to see the session options to choose from.
- 04 SELECT THE SESSIONS**
Select the sessions that you'd like to attend. You can select ONLY ONE session per time slot.
- 05 VIEW SUMMARY**
You can view the Registration Summary overview and your selected sessions on the website after log in.

ASIAFITCONFERENCE.COM

สอบถามรายละเอียดการลงทะเบียน โทร. 02 650 9242 / 650 8282 LINE OA : @fit.thailand