



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 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	Full
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 Alpha Health Club , Phuket	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	Full
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
Certified Personal Trainer - Thai (PT Group 7/2025)	Sat	9 am - 4 pm	96	17-May-25	27-Sep-25	44,000	3-May-25
Certified Personal Trainer - Thai (PT Group 8/2025)	Sun	9 am - 4 pm	96	01-Jun-25	19-Oct-25	44,000	18-May-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
YOGA							
200 hours Hatha Vinyasa Yoga Teacher Training - Thai by Kru Jimmy NEW & IMPROVED!	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® Movement Principle G2/2025 - Thai by Apittiya	Fri	9 am - 4 pm	18	17-Jan-25	31-Jan-25	17,000	Full
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® Movement Principle G4/2025 - Thai by Sugulaya new group	Fri-Sun	9 am - 4 pm	18	28-Feb-25	02-Mar-25	17,000	14-Feb-25
Balanced Body® Movement Principle G3/2025 - Thai by Apittiya new group	Tue	9 am - 4 pm	18	10-Jun-25	24-Jun-25	17,000	26-May-25
Balanced Body® Mat Pilates Instructor Training G.3/2025 - Thai by Sugulaya <i>(A prerequisite : Movement Principle)</i>	Wed	9 am - 4 pm	54	08-Jan-25	12-Mar-25	55,000	25-Dec-24
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® Mat Pilates Instructor Training G.2/2025 - Thai by Apittiya new group <i>(A prerequisite : Movement Principle)</i>	Tue	9 am - 4 pm	54	01-Jul-25	16-Sep-25	55,000	16-Jun-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
Balanced Body® Reformer Pilates Instructor Training G3/2025- Thai Sugulaya new group <i>(A prerequisite : Movement Principle)</i>	Thu	9 am - 4 pm	54	05-Jun-25	28-Aug-25	88,400	22-May-25
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® Pilates Apparatus Instructor Training 2/2025 - Thai Sugulaya new group <i>(A prerequisite : Movement Principle , Mat, Reformer)</i>	Thu	9 am - 6 pm	60	20-Feb-25	29-May-25	78,300	06-Feb-25
PILATES INSTRUCTOR TRAINING : Chiang Mai location at Chu Pilates							
Balanced Body® Movement Principle G.CNX1/2025 - Thai by Chutima.	Sat & Sun	9 am - 6 pm	18	04-Jan-25	05-Jan-25	17,000	Full
Balanced Body® Mat Pilates Instructor Training G.CNX1/2025- Thai by Chutima. <i>(A prerequisite : Movement Principle)</i>	Sat-Mon/Tue	9 am - 6 pm	54	18-Jan-25	18-Feb-25	55,000	04-Jan-25
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
Balanced Body® Pilates Apparatus Instructor Training 1/2025 - Thai by Chutima. new group <i>(A prerequisite : Movement Principle , Mat, Reformer)</i>	Fri - Mon	9 am - 6 pm	60	18-Apr-25	26-May-25	78,300	04-Apr-24
DECEMBER							
Fit® Fitness Nutrition Specialist - Thai by Wiradach	Fri & Sat	9 am - 4 pm	1.2	13-Dec	14-Dec	9,400	Full
Fit® Golf Fitness Workshop - Thai by Vatin at Lion Fitness, Chiang Mai . Enjoy up to 15% discount*	Fri&Sat	9 am - 5 pm	0	13-Dec	14-Dec	8,300	29-Nov-24
Barbell Basics - Thai by Wongsatorn new group	Sat	1 pm - 4 pm	0.3	14-Dec	14-Dec	4,100	23-Nov-24
Fit® Strength and Power Exercises for Golfer - Thai by Vatin at Lion Fitness, Chiang Mai . Enjoy up to 15% discount*	Sun	9 am - 4.30 pm	0	15-Dec	15-Dec	4,900	1-Dec-24
Weight Training program for success-Thai by Phasin new group	Sun	9 am - 4 pm	0	15-Dec	15-Dec	4,900	1-Dec-24
Fit® Training Pregnant & Post-Partum Clients - Thai by Sugulaya	Wed	9 am - 4 pm	0.6	18-Dec	18-Dec	5,200	Full
JANUARY 2025							
Partner Stretching Workshop - Thai by Kru Jimmy (WORKSHOP for general public) Recommended!	Thu	1 pm - 4 pm	0	9-Jan	9-Jan	2,600	26-Dec-24
Fit® Advanced Muscle and Strength Development= Thai by Noppadol	Sat-Sun	9 am - 4 pm	1.2	18-Jan	19-Jan	9,400	4-Jan-25
TWIST Functional Training 101 by Coach Farn Srirairatana new group	Sat & Sun	9 am - 5 pm	1.2	25-Jan	26-Jan	9,500	11-Jan-25
Balanced Body® Arc Pilates Instructor Training- Thai by Sugulaya	Sat	9 am - 4 pm	0.3	25-Jan	25-Jan	6,900	11-Jan-25
FEBRUARY 2025							
Fit® Senior Fitness Specialist - Thai by Atikarn new group	Sat-Sun	9 am - 4 pm	1.2	1-Feb	2-Feb	9,400	18-Jan-25
Fit® Fitness Nutrition Specialist - English by Suzanne new group	Thu&Fri	9 am - 4 pm	1.2	6-Feb	7-Feb	9,400	23-Jan-25
Fit® Weight Loss Specialist - Thai by Wiradach	Fri & Sat	9 am - 4 pm	1.2	7-Feb	8-Feb	9,400	24-Jan-25
Fit® Training Pregnant & Post-Partum Clients - Thai by Sugulaya new group	Sat	9 am - 4 pm	0.6	8-Feb	8-Feb	5,200	25-Jan-25
Fit® Training Clients with Lower Back Pain - Thai by Sompat	Mon	9 am - 4 pm	0.6	10-Feb	10-Feb	5,200	27-Jan-25
Programing for Maximum Strength and Hypertrophy - Thai by Wongsatorn new group	Sun	9.30 am - 3.30 pm	0.5	15-Feb	15-Feb	6,850	1-Jan-25
Fit® Pilates Anatomy by Apittiya (include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger)	Thu&Fri	9 am - 4 pm	0	20-Feb	21-Feb	9,900	5-Feb-25



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2024 CERTIFICATION COURSES	DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
MARCH 2025							
Fit® Fitness Nutrition Specialist - Thai by Wiradech new group	Fri & Sat	9 am - 4 pm	1.2	14-Mar	15-Mar	9,400	28-Feb-25
APRIL 2025							
Balanced Body® Anatomy in 3D - Thai by Apittiya <i>(exclude manual fee 2,600 THB)</i>	Thu-Sat	9 am - 4 pm	1.6	3-Apr	5-Apr	18,900	5-Feb-25
ONLINE AND HYBRID COURSES new group	ONLINE PLATFORM		DURATION	STARTS	ENDS	SPECIAL RATE	EARLY BIRD ENDS
Anatomy 101 (Thai Programme)	Teachable		3	when apply	within 1 year	959	
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							
Healthy Eating Essentials - Thai by Atikarn <i>*For General Public only*</i>	1 Day	9 am - 4 pm	6	TBD	TBD	4,100	TBD
BASIC LIFE SUPPORT (CPR , AED AND CHOKING)							
MORNING sessions: 16 Dec (PT17) , 16 Jan (PT20), 27 Feb (Eng), 5 Mar (PT2), 18 Mar (PT5), 27 Mar (IPT), 2 Apr (PT4), 25 May (PT1), 14 Jun (PT6)	1 Day	9 am - 12pm	3			2,600	2 weeks before
AFTERNOON sessions: 21 Feb (Phuket), 6 May (PT3)	1 Day	9 am - 12pm	3			2,600	2 weeks before
UPDATED :							11-Dec-24