



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	Full
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	Full
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
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 Sritraitatana new group	Sat & Sun	9 am - 5 pm	1.2	25-Jan	26-Jan	9,500	Full
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 Wiradech	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
Sports Massage - Thai by Pimruk & Newton EM Physiology Team new group	Sat&Sun	9 am - 4 pm	0	22-Feb	23-Feb	7,900	8-Feb-25
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
Sports Massage - Thai by Pimruk & Newton EM Physiology Team new group	Sat&Sun	9 am - 4 pm	0	29-Mar	30-Mar	7,900	15-Mar-25
APRIL 2025							
Balanced Body® Anatomy in 3D - Thai by Apittiya (exclude manual fee 2,600 THB)	Thu-Sat	9 am - 4 pm	1.6	3-Apr	5-Apr	18,900	5-Feb-25
Sports Massage - Thai by Pimruk & Newton EM Physiology Team new group	Sat&Sun	9 am - 4 pm	0	26-Apr	27-Apr	7,900	12-Apr-25



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2024 CERTIFICATION COURSES	DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
ONLINE AND HYBRID COURSES							
	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							
	DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
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)							
	DAYS	TIME	DURATION			REGULAR RATE	EARLY BIRD ENDS
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 :							18-Dec-24

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