



# COURSE SCHEDULE UPDATE

ตารางอบรมหลักสูตรประกาศนียบัตรวิชาชีพและหลักสูตรต่อเนื่องระยะสั้น

EDUCATING AND EMPOWERING FITNESS PROFESSIONALS



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2025 CERTIFICATION COURSES	DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
<b>PERSONAL TRAINER CERTIFICATION</b>							
Certified Personal Trainer - Thai (PT Group 1 Phuket/2025) <b>Limited space!</b> 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	Full
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 2 CNX/2025) <b>Limited space!</b> at Lion Fitness, Chiang Mai	Fri, Sat, Sun	9 am - 4 pm	96	30-May-25	29-Jun-25	44,000	16-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>							
<b>SPORT CONDITIONING</b>							
Certified Strength and Conditioning Specialist-Thai (Exclude NSCA-CSCS textbook) <b>new group</b>	Sun	10 am - 5 pm	72	02-Feb-25	25-May-25	43,300	19-Jan-25
<b>YOGA</b>							
200 hours Hatha Vinyasa Yoga Teacher Training - Thai by Kru Jimmy <b>NEW &amp; IMPROVED!</b>	Thu-Sun	8.30 am - 5.30 pm	200	06-Feb-25	18-May-25	69,000	Full
<b>PILATES INSTRUCTOR TRAINING : Bangkok location at FIT Thailand</b>							
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 <b>new group</b>	Fri-Sun	9 am - 4 pm	18	28-Feb-25	02-Mar-25	17,000	Full
Balanced Body® Movement Principle G3/2025 - Thai by Apittiya <b>new group</b>	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 <b>new group</b> <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 <b>new group</b> <i>(A prerequisite : Movement Principle)</i>	Thu	9 am - 4 pm	54	05-Jun-25	28-Aug-25	88,400	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	Full
Balanced Body® Pilates Apparatus Instructor Training 2/2025 - Thai Sugulaya <b>new group</b> <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
<b>PILATES INSTRUCTOR TRAINING : Chiang Mai location at Chu Pilates</b>							
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® Movement Principle G.CNX2/2025 - Thai by Chutima.	Sat & Sun	8 am - 6 pm	18	05-Apr-25	06-Apr-25	17,000	22-Mar-25
Balanced Body® Pilates Apparatus Instructor Training 1/2025 - Thai by Chutima. <b>new group</b> <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-25
Balanced Body® Reformer Pilates Instructor Training G.CNX2/2025- Thai by Chutima. <i>(A prerequisite : Movement Principle)</i>	Sat - Mon	9 am - 6 pm	72	17-May-25	07-Jul-25	88,400	03-May-25
Balanced Body® Movement Principle G.CNX3/2025 - Thai by Chutima.	Sat & Sun	8 am - 6 pm	18	10-May-25	11-May-25	17,000	26-Apr-25
Balanced Body® Mat Pilates Instructor Training G.CNX2/2025- Thai by Chutima. <i>(A prerequisite : Movement Principle)</i>	Fri-Sun	9 am - 6 pm	54	20-Jun-25	21-Jul-25	55,000	06-Jun-25
Balanced Body® Movement Principle G.CNX1/2025 - Eng by Chutima. <b>new arrival</b>	Sat & Sun	8 am - 6 pm	18	15-Nov-25	16-Nov-25	17,000	01-Nov-25
Balanced Body® Movement Principle G.CNX2/2025 - Eng by Chutima. <b>new arrival</b>	Sat & Sun	8 am - 6 pm	18	06-Dec-25	07-Dec-25	17,000	22-Nov-25
Balanced Body® Mat Pilates Instructor Training G.CNX1/2025- Eng by Chutima. <b>new arrival</b> <i>(A prerequisite : Movement Principle)</i>	Sat - Tue	9 am - 6 pm	54	22-Nov-25	01-Dec-25	55,000	08-Nov-25
Balanced Body® Reformer Pilates Instructor Training G.CNX1/2025- Eng by Chutima. <b>new arrival</b> <i>(A prerequisite : Movement Principle)</i>	Sat - Mon	9 am - 6 pm	72	13-Dec-25	29-Dec-25	88,400	29-Nov-25
<b>JANUARY 2025</b>							
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 <b>new group</b>	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
<b>FEBRUARY 2025</b>							
Fit® Senior Fitness Specialist - Thai by Atikarn <b>new group</b>	Sat-Sun	9 am - 4 pm	1.2	1-Feb	2-Feb	9,400	Full
Fit® Fitness Nutrition Specialist - English by Suzanne <b>new group</b>	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 <b>new group</b>	Sat	9 am - 4 pm	0.6	8-Feb	8-Feb	5,200	Full
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 <b>new group</b>	Sun	9.30 am - 3.30 pm	0.5	15-Feb	15-Feb	6,850	1-Jan-25
Fit® Pilates Anatomy by Apittiya <i>(include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger)</i>	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 <b>new group</b>	Sat&Sun	9 am - 4 pm	0	22-Feb	23-Feb	7,900	8-Feb-25



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2025 CERTIFICATION COURSES	DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
<b>MARCH 2025</b>							
Olympic Weightlifting Seminar (Thai) by Iron Hive <b>new group</b>	Sat 9AM-4PM	Sun 12PM- 6PM	1.2	1-Mar	2-Mar	8,900	15-Jan-25
Fit® Fitness Nutrition Specialist - Thai by Wiradech	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 <b>new group</b>	Sat&Sun	9 am - 4 pm	0	29-Mar	30-Mar	7,900	15-Mar-25
Fit® Senior Fitness Specialist - English by Suzanne <b>new group</b>	Mon-Tue	9 am - 4 pm	1.2	31-Mar	1-Apr	9,400	17-Mar-25
<b>APRIL 2025</b>							
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
Healthy Eating Essentials (Thai) by Atikarn (Bundle with SPE for Weight Training 101 for 15% discount)	Sat	9 am - 4 pm	0	26-Apr	26-Apr	4,100	12-Apr-25
Weight Training 101-Thai by Durongkorn (Bundle with Healthy Eating Essentials for 15% discount)	Sun	9 am - 4 pm	0	27-Apr	27-Apr	4,900	13-Apr-25
Sports Massage - Thai by Pimruk & Newton EM Physiology Team <b>new group</b>	Sat&Sun	9 am - 4 pm	0	26-Apr	27-Apr	7,900	12-Apr-25
Fit® Golf Fitness Workshop - Thai by Vatin (Bundle with SPE for Golfer for 15% discount)	Fri&Sat	9 am - 5 pm	0	28-Apr	29-Apr	8,300	14-Apr-25
Fit® Strength and Power Exercises for Golfer - Thai by Vatin (Bundle with Golf Fitness Workshop for 15% disc)	Sun	9 am - 4.30 pm	0	30-Apr	30-Apr	4,900	16-Apr-25
<b>JUNE 2025</b>							
Fit® Pre & Post Rehab Training - Thai by Sompat - at Lion Fitness, Chiang Mai	Thu	9 am - 4 pm	0.6	5-Jun	6-Jun	5,200	22-May-25
<b>JULY 2025</b>							
Fit® Fitness Nutrition Specialist - Thai by Kriyot - at Lion Fitness, Chiang Mai <b>new group</b>	Fri & Sat	9 am - 4 pm	1.2	11-Jul	12-Jul	9,400	27-Jun-25
Fit® Sports Nutrition in Practice - Thai by Kriyot - at Lion Fitness, Chiang Mai <b>new group</b>	Sun	9 am - 5 pm	0.7	13-Jul	13-Jul	6,100	29-Jun-25
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 * 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
<b>MORNING sessions:</b> 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
<b>AFTERNOON sessions:</b> 21 Feb (Phuket), 6 May (PT3)	1 Day	9 am - 12pm	3			2,600	2 weeks before
<b>UPDATED :</b>							15-Jan-25

**“ กายวิภาคศาสตร์ ”**  
 ความรู้พื้นฐานและจุดเริ่มต้นที่สำคัญ  
 สำหรับครูพิตาทีลมืออาชีพ

📅 **อบรม 20-21 กุมภาพันธ์ 2568** (เวลา 9:00 - 16:00 น.)  
 📍 Early bird rate 8,910 บาท (ปกติ 9,900 บาท)  
 (หมดเขต 5 กุมภาพันธ์ 2568)

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**INTRODUCTION TO Anatomy for Pilates**  
 หลักสูตรกายวิภาคศาสตร์ขั้นพื้นฐานที่เชื่อมโยงกับการฝึกพิตาทีล

📞 สอบถามรายละเอียดเพิ่มเติม โทร. 02 650 9242 หรือ 📧 พิมพ์ @fit.thailand

**FEB** **ADVANCED MUSCLE & STRENGTH DEVELOPMENT** 15 กุมภาพันธ์ 2568 **RECOMMENDED**

**JAN** **PROGRAMMING FOR MAXIMUM STRENGTH & HYPERTROPHY** 18 - 19 มกราคม 2568 **RECOMMENDED**