



COURSE SCHEDULE UPDATE

ตารางอบรมหลักสูตรประกาศนียบัตรวิชาชีพและหลักสูตรต่อเนื่องระยะสั้น

EDUCATING AND EMPOWERING FITNESS PROFESSIONALS



www.fitthai.com

| 2025 CERTIFICATION COURSES | DAYS | TIME | DURATION | STARTS | ENDS | REGULAR RATE | EARLY BIRD ENDS |
|---|---------------|-------------------|----------|-----------|-----------|--------------|-----------------|
| PERSONAL TRAINER CERTIFICATION | | | | | | | |
| 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 | Full |
| 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 9/2025) | Mon&Wed | 9 am - 4 pm | 96 | 10-Mar-25 | 21-May-25 | 44,000 | 24-Feb-25 |
| Certified Personal Trainer - Thai (PT Group 10/2025) | Tue&Thu | 9 am - 4 pm | 96 | 20-Mar-25 | 27-May-25 | 44,000 | 6-Mar-25 |
| Certified Personal Trainer - Thai (PT Group 11/2025) | Mon,Wed,Fri | 9 am - 4 pm | 96 | 21-Apr-25 | 16-Jul-25 | 44,000 | 7-Apr-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) Limited space! at <i>Lion Fitness, Chiang Mai</i> | 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 | 1-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 | 2-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 | 8.30 am - 5.30 pm | 200 | 6-Feb-25 | 18-May-25 | 69,000 | Full |
| PILATES INSTRUCTOR TRAINING : Bangkok location at FIT Thailand | | | | | | | |
| Balanced Body® Movement Principle G4/2025 - Thai by Sugulaya new group | Fri-Sun | 9 am - 4 pm | 18 | 28-Feb-25 | 2-Mar-25 | 17,000 | Full |
| 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 | 27-May-25 |
| 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 | 1-Jul-25 | 16-Sep-25 | 55,000 | 17-Jun-25 |
| Balanced Body® Reformer Pilates Instructor Training G1/2025- Thai Apittiya <i>(A prerequisite : Movement Principle)</i> | Tue | 9 am - 4 pm* | 72 | 4-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 | 9-Feb-25 | 8-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 | 5-Jun-25 | 28-Aug-25 | 88,400 | 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 | 6-Feb-25 |
| PILATES INSTRUCTOR TRAINING : Chiang Mai location at Chu Pilates | | | | | | | |
| Balanced Body® Movement Principle G.CNX2/2025 - Thai by Chutima. | Sat & Sun | 8 am - 6 pm | 18 | 5-Apr-25 | 6-Apr-25 | 17,000 | 22-Mar-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® Movement Principle G.CNX1/2025 - Eng by Chutima. new arrival | 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. new arrival | Sat & Sun | 8 am - 6 pm | 18 | 6-Dec-25 | 7-Dec-25 | 17,000 | 22-Nov-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® Mat Pilates Instructor Training G.CNX1/2025- Eng by Chutima. new arrival <i>(A prerequisite : Movement Principle)</i> | Sat - Tue | 9 am - 6 pm | 54 | 22-Nov-25 | 1-Dec-25 | 55,000 | 08-Nov-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 | 7-Jul-25 | 88,400 | 03-May-25 |
| Balanced Body® Reformer Pilates Instructor Training G.CNX1/2025- Eng by Chutima. new arrival <i>(A prerequisite : Movement Principle)</i> | Sat - Mon | 9 am - 6 pm | 72 | 13-Dec-25 | 29-Dec-25 | 88,400 | 29-Nov-25 |
| Balanced Body® Pilates Apparatus Instructor Training 1/2025 - Thai by Chutima. <i>(A prerequisite : Movement Principle , Mat, Reformer)</i> | Fri - Mon | 9 am - 6 pm | 60 | 18-Apr-25 | 26-May-25 | 78,300 | Full |
| Balanced Body® Pilates Apparatus Instructor Training 2/2025 - Thai by Chutima. new group <i>(A prerequisite : Movement Principle , Mat, Reformer)</i> | Fri-Mon | 9 am - 6 pm | 60 | 3-Oct-25 | 3-Nov-25 | 78,300 | 19-Sep-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 | Full |
| 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 | 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 |
| TWIST Functional Training 101 by Coach Farn Srirairatana new group | Wed & Sat | 9 am - 5 pm | 1.2 | 12-Feb | 22-Feb | 9,500 | 29-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-Feb-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 | 6-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 | | | | | | | |
| Olympic Weightlifting Seminar (Thai) by Iron Hive new group | Sat 9AM-4PM | Sun 12PM- 6PM | 1.2 | 1-Mar | 2-Mar | 8,900 | 15-Feb-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 <i>at Alpha Health Club , Phuket</i> new group | Sat&Sun | 9 am - 4 pm | 0 | 22-Mar | 23-Mar | 7,900 | 8-Mar-25 |
| Partner Stretching Workshop - Thai by Kru Jimmy (WORKSHOP for general public) Recommended! | Wed | 1 pm - 4 pm | 0 | 26-Mar | 26-Mar | 2,600 | 12-Mar-25 |
| Fit® Youth Exercise Essentials - Thai by Kittinan new group | Fri | 9 am - 4 pm | 0.6 | 28-Mar | 28-Mar | 5,200 | 14-Mar-25 |
| Sports Massage - Thai by Pimruk & Newton EM Physiology Team | Sat&Sun | 9 am - 4 pm | 0 | 29-Mar | 30-Mar | 7,900 | 15-Mar-25 |
| Fit® Senior Fitness Specialist - English by Suzanne new group | Mon-Tue | 9 am - 4 pm | 1.2 | 31-Mar | 1-Apr | 9,400 | 17-Mar-25 |
| APRIL 2025 | | | | | | | |



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|--|----------------------------------|----------------|------------|---------------|--------------|-----------------|-----------------|
| 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 | 20-Mar-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 new group | 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 |
| MAY 2025 | | | | | | | |
| Weight Training program for success-Thai by Phasin new group | Sun | 9 am - 4 pm | 0 | 18-May | 18-May | 4,900 | 4-May-25 |
| JUNE 2025 | | | | | | | |
| 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 |
| JULY 2025 | | | | | | | |
| Fit® Fitness Nutrition Specialist - Thai by Kriyot - at Lion Fitness, Chiang Mai new group | 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 new group | 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 |
| MORNING sessions: 23 Feb (Phuket), 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: 6 May (PT3) | 1 Day | 9 am - 12pm | 3 | | | 2,600 | 2 weeks before |
| UPDATED : | | | | | | | 23-Jan-25 |

JOIN WITH US!

20TH ANNIVERSARY

LOGO DESIGN CONTEST

#FIT20thAnniversary
#FITsusou20ปี

อัปเดต! ศษย์เก่า ศษย์ปัจจุบัน FIT® และนักออกแบมทั้งหลาย

FIT® สถาบันฝึกอบรมเทรนเนอร์และครูสอนออกกำลังกายแห่งแรกในไทย ขอเชิญทุกคนร่วมประกวดออกแบบโลโก้ในโอกาสครบรอบ 20 ปี FIT® เพื่อใช้ในการประชาสัมพันธ์งานกีฬา "FIT® SPORT DAY 2025" กิจกรรมฉลองครบรอบ 20 ปี ใน วันเสาร์ที่ 5 กรกฎาคม 2568 ณ สนามโปโลฟุตบอลพาร์ค กรุงเทพฯ

📄 ชิงรางวัลเงินสดมูลค่า **5,000** บาท พร้อมเกียรติบัตร

🕒 ระยะเวลาส่งผลงาน: ตั้งแต่วันที่ 9 มกราคม ถึง 27 มกราคม 2568

📅 ประกาศผลการตัดสิน: วันที่ 30 มกราคม 2568

✉️ สอบถามรายละเอียด โทร. 02 650 9242 หรือ แชทผ่าน LINE OA: @fit.thailand

📄 สแกน QR CODE ดูรายละเอียด www.fitthai.com

“ กายวิภาคศาสตร์ ”

ความรู้พื้นฐานและจุดเริ่มต้นที่สำคัญ สำหรับครูพิตาทิสมืออาชีพ

🕒 **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)

📄 www.fitthai.com

INTRODUCTION TO Anatomy for Pilates

หลักสูตรกายวิภาคศาสตร์ขั้นพื้นฐานที่เชื่อมโยงกับการฝึกพิตาทิส

📄 สอบถามรายละเอียดเพิ่มเติม โทร. 02 650 9242 หรือ LINE ฟิล์มพี @fit.thailand