



# 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 - 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 - 12 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	Full
Certified Personal Trainer - Thai (PT Group 12/2025)	Tue&Thu	1 pm - 4 pm	96	22-May-25	30-Sep-25	44,000	8-May-25
Certified Personal Trainer - Thai (PT Group 2 CNX/2025) <b>Limited space!</b> 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	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 G4/2025 - Thai by Sugulaya	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	27-May-25
Balanced Body® Mat Pilates Instructor Training G.2/2025 - Thai by Apittiya <i>(A prerequisite : Movement Principle)</i>	Tue	9 am - 4 pm	54	01-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	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 <i>(A prerequisite : Movement Principle)</i> <b>new group</b>	Thu	9 am - 4 pm	54	05-Jun-25	28-Aug-25	88,400	Full
Balanced Body® Pilates Apparatus Instructor Training 2/2025 - Thai Sugulaya <i>(A prerequisite : Movement Principle , Mat, Reformer)</i> <b>new group</b>	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® 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® 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. <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.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. <i>(A prerequisite : Movement Principle)</i> <b>new arrival</b>	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.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® Reformer Pilates Instructor Training G.CNX1/2025- Eng by Chutima. <i>(A prerequisite : Movement Principle)</i> <b>new arrival</b>	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. <i>(A prerequisite : Movement Principle , Mat, Reformer)</i> <b>new group</b>	Fri-Mon	9 am - 6 pm	60	03-Oct-25	03-Nov-25	78,300	19-Sep-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
TWIST Functional Training 101 by Coach Farn Sritrairatana <b>new group</b>	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 <b>new group</b>	Sat	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 <b>new group</b>	Sat&Sun	9 am - 4 pm	0	22-Feb	23-Feb	7,900	8-Feb-25
<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-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> <b>new group</b>	Sat&Sun	9 am - 4 pm	0	22-Mar	23-Mar	7,900	8-Mar-25
Practical Nutrition for Active People by Krisadee & Utchima <b>new arrival</b>	Sat	9 am - 3 pm	0	22-Mar	22-Mar	7,300	8-Mar-25
Partner Stretching Workshop - Thai by Kru Jimmy (WORKSHOP for general public) <b>Recommended!</b>	Wed	1 pm - 4 pm	0	26-Mar	26-Mar	2,600	12-Mar-25
Fit® Youth Exercise Essentials - Thai by Kittinan <b>new group</b>	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



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2025 CERTIFICATION COURSES		DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
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	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	<b>new group</b>	Sat&Sun	9 am - 4 pm	0	26-Apr	27-Apr	7,900	12-Apr-25
Fit® Sports Nutrition in Practice - Thai by Kriyot	<b>new group</b>	Sat	9 am - 5 pm	0.7	26-Apr	26-Apr	6,100	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>MAY 2025</b>								
Fit® Pilates Anatomy by Apittiya (include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger)	<b>new group</b>	Thu&Fri	9 am - 4 pm	0	8-May	9-May	9,900	24-Apr-25
Weight Training program for success-Thai by Phasin	<b>new group</b>	Sun	9 am - 4 pm	0	18-May	18-May	4,900	4-May-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
Balanced Body® CoreAlign Instructor Training 1 - Thai by Apittiya (exclude manual fee 2,800 THB)		Wed-Sri	9 am - 4 pm	1.6	18-Jun	20-Jun	22,300	4-Jun-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
Balanced Body® CoreAlign Instructor Training 2 - Thai by Apittiya (exclude manual fee 2,800 THB)		Wed-Sri	9 am - 4 pm	1.6	30-Jul	1-Aug	22,300	16-Jul-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			REGULAR RATE	EARLY BIRD ENDS
<b>MORNING sessions:</b> 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
<b>AFTERNOON sessions:</b> 6 May (PT3)		1 Day	9 am - 12pm	3			2,600	2 weeks before