

COURSE SCHEDULE UPDATE

ตารางอบรมหลักสูตรประกาศนียบัตรวิชาชีพและหลักสูตรต่อเนื่องระยะสั้น

EDUCATING AND EMPOWERING FITNESS PROFESSIONALS



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CERTIFICATION COURSES	RECOGNISED BY	DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
PERSONAL TRAINER CERTIFICATION								
Certified Personal Trainer - Intensive 3 weeks - Thai (PT Group 1/2025)	ACE® / FIT*	Mon-Fri	9am - 4pm	84	10-Mar-25	29-Mar-25	42,900	Full
Certified Personal Trainer - Thai (PT Group 9/2025)	ACE® / FIT*	Mon/Wed	9am - 4pm	96	10-Mar-25	21-May-25	44,000	24-Feb-25
Certified Personal Trainer - Thai (PT Group 10/2025)	ACE® / FIT*	Tue&Thu	9am - 4pm	96	20-Mar-25	27-May-25	44,000	6-Mar-25
Certified Personal Trainer - Thai (PT Group 11/2025)	ACE® / FIT*	Mon,Wed,Fri	9am - 12pm	96	21-Apr-25	16-Jul-25	44,000	7-Apr-25
Certified Personal Trainer - Thai (PT Group 7/2025)	ACE® / FIT*	Sat	9am - 4pm	96	17-May-25	27-Sep-25	44,000	Full
Certified Personal Trainer - Thai (PT Group 12/2025)	ACE® / FIT*	Tue&Thu	1pm - 4pm	96	22-May-25	30-Sep-25	44,000	8-May-25
Certified Personal Trainer - Thai (PT CNX2025) at Lion Fitness, CHANG MAI	ACE® / FIT*	Fri, Sat, Sun	9am - 4pm	96	30-May-25	29-Jun-25	44,000	16-May-25
Certified Personal Trainer - Thai (PT Group 8/2025)	ACE® / FIT*	Sun	9am - 4pm	96	1-Jun-25	19-Oct-25	44,000	18-May-25
Certified Personal Trainer - Thai (PT UBON2025) at Prodigy Sport & Fitness Club Sandsook, UBON RATCHATHANI	ACE® / FIT*	Fri, Sat, Sun	9am - 4pm	96	1-Aug-25	31-Aug-25	44,000	18-Jul-25
Remark: ACE® Personal Trainer Exam Preparation Course								
SPORT CONDITIONING								
Certified Strength and Conditioning Specialist-Thai (Exclude NSCA-CSCS textbook)	NSCA®/CSCS*	Mon	9am - 4pm	72	21-Apr-25	4-Aug-25	43,300	7-Apr-25
PILATES INSTRUCTOR TRAINING : at FIT Thailand, BANGKOK								
Balanced Body® Movement Principle G4/2025 - Thai by Sugalya	Balanced Body®	Fri-Sun	9am - 4pm	18	28-Feb-25	2-Mar-25	17,000	Full
Balanced Body® Movement Principle G3/2025 - Thai by Apitaya	Balanced Body®	Tue	9am - 4pm	18	10-Jun-25	2-May-25	17,000	Full
Balanced Body® Mat Pilates Instructor Training G4/2025 - Thai by Sugalya	Balanced Body®	Sat&Sun	9am - 5pm	54	24-May-25	29-Jun-25	55,000	10-May-25
Balanced Body® Mat Pilates Instructor Training G3/2025 - Thai by Apitaya	Balanced Body®	Tue	9am - 4pm	54	1-Jul-25	16-Sep-25	55,000	17-Jun-25
Balanced Body® Reformer Pilates Instructor Training G3/2025 - Thai Sugalya	Balanced Body®	Thu	9am - 4pm	54	5-Jun-25	28-Aug-25	88,400	Full
Balanced Body® Reformer Pilates Instructor Training G4/2025 - Thai Apitaya	Balanced Body®	Sat&Sun	9am - 6pm	54	14-Jun-25	26-Jul-25	88,400	31-May-25
Balanced Body® Reformer Pilates Instructor Training G5/2025 - Thai Sugalya	Balanced Body®	Sat&Sun	9am - 4pm	54	2-Aug-25	7-Sep-25	88,400	Full
Balanced Body® Pilates Apparatus Instructor Training 3/2025 - Thai Sugalya	Balanced Body®	Thu	9am - 4pm	60	20-Feb-25	29-May-25	78,300	6-Feb-25
Balanced Body® Pilates Apparatus Instructor Training 3/2025 - Thai Sugalya	Balanced Body®	Sat&Sun	9am - 4pm	60	1-Nov-25	30-Nov-25	78,300	18-Oct-25
PILATES INSTRUCTOR TRAINING : at Chu Pilates, CHIANG MAI								
Balanced Body® Movement Principle G.CNX2/2025 - by Chutima.	Balanced Body®	Sat & Sun	8am - 6pm	18	5-Apr-25	6-Apr-25	17,000	22-Mar-25
Balanced Body® Movement Principle G.CNX3/2025 - by Chutima.	Balanced Body®	Sat & Sun	8am - 6pm	18	10-May-25	11-May-25	17,000	26-Apr-25
Balanced Body® Movement Principle G.CNX1/2025 - English Programme by Chutima.	Balanced Body®	Sat & Sun	8am - 6pm	18	15-Nov-25	16-Nov-25	17,000	01-Nov-25
Balanced Body® Movement Principle G.CNX2/2025 - English Programme by Chutima.	Balanced Body®	Sat & Sun	8am - 6pm	18	6-Dec-25	7-Dec-25	17,000	22-Nov-25
Balanced Body® Mat Pilates Instructor Training G.CNX1/2025 - by Chutima.	Balanced Body®	Fri-Sun	9am - 6pm	54	20-Jun-25	21-Jul-25	55,000	06-Jun-25
Balanced Body® Mat Pilates Instructor Training G.CNX2/2025 - English Programme by Chutima.	Balanced Body®	Sat - Tue	9am - 6pm	54	22-Nov-25	1-Dec-25	55,000	08-Nov-25
Balanced Body® Reformer Pilates Instructor Training G.CNX2/2025 - by Chutima.	Balanced Body®	Sat - Mon	9am - 6pm	72	17-May-25	7-Jul-25	88,400	03-May-25
Balanced Body® Reformer Pilates Instructor Training G.CNX1/2025 - English Programme by Chutima.	Balanced Body®	Sat - Mon	9am - 6pm	72	13-Dec-25	29-Dec-25	88,400	29-Nov-25
Balanced Body® Pilates Apparatus Instructor Training 1/2025 - Thai by Chutima.	Balanced Body®	Fri-Mon	9am - 6pm	60	18-Apr-25	26-May-25	78,300	19-Sep-25
Balanced Body® Pilates Apparatus Instructor Training 3/2025 - Thai by Chutima.	Balanced Body®	Fri-Mon	9am - 6pm	60	3-Oct-25	3-Nov-25	78,300	19-Sep-25
CONTINUING EDUCATION COURSES: CECS								
FEBRUARY								
Programming for Maximum Strength and Hypertrophy - Thai by Wongstorn	FIT*	Sat	9:30 am - 3:30 pm	0.5	15-Feb	15-Feb	6,850	1-Feb-25
Introduction to Pilates Anatomy by Apitaya (include Pilates Anatomy Book by Real Isaacowitz/Karen Clippinger)	FIT*	Thu&Fri	9am - 4pm	0	22-Feb	21-Feb	9,900	6-Feb-25
Sports Massage - by Pimruk & Newton EM Physiology Team	NEWTON EM*	Sat&Sun	9am - 4pm	0	20-Feb	23-Feb	7,900	Full
MARCH								
Olympic Weightlifting Seminar - by Iron Hive* Team	Iron Hive*	Sat 9AM-4PM	Sun 12PM- 6PM	1.2	1-Mar	2-Mar	8,900	15-Feb-25
Fitness Nutrition Specialist - by Windech	FIT*	Fri & Sat	9am - 4pm	1.2	14-Mar	15-Mar	9,400	28-Feb-25
Sports Massage - by Pimruk & Newton EM Physiology Team at Alpha Health Club, PHUKET	NEWTON EM*	Sat&Sun	9am - 4pm	0	22-Mar	23-Mar	7,900	8-Mar-25
Practical Nutrition for Active People by Kriadee & Uthchima, at a Little Sunshine Cafe, WITHAYU ROAD	FIT*	Sat	9am - 3pm	0	22-Mar	22-Mar	7,300	8-Mar-25
Training Pregnant & Post-Partum Clients - by Sugalya	FIT*	Wed	9am - 4pm	0.6	26-Mar	26-Mar	5,200	12-Mar-25
Partner Stretching Workshop (for all fitness levels) - by Kru Jimmy	FIT*	Wed	1 pm - 4pm	0	26-Mar	26-Mar	2,600	12-Mar-25
Youth Exercises Essentials - by Kittinan	FIT*	Fri	9am - 4pm	0.6	28-Mar	28-Mar	5,200	14-Mar-25
Sports Massage - by Pimruk & Newton EM Physiology Team	NEWTON EM*	Sat & Sun	9am - 4pm	0	29-Mar	30-Mar	7,900	16-Mar-25
Senior Fitness Specialist - English Programme by Suzanne, FIT Founder	FIT*	Mon-Tue	9am - 4pm	1.2	31-Mar	1-Apr	9,400	17-Mar-25
APRIL								
ANATOMY in Three Dimensions - by Apitaya (include manual fee 2,600 THB)	Balanced Body®	Thu-Sat	9am - 4pm	1.6	3-Apr	5-Apr	18,900	20-Mar-25
Healthy Eating Essentials - by Aikam (Bundle with SPE for Weight Training 101 for 15% discount)	FIT*	Sat	9am - 4pm	0	26-Apr	26-Apr	4,100	12-Apr-25
Weight Training 101 - by Durongkorn (Bundle with Healthy Eating Essentials for 15% discount)	FIT*	Sun	9am - 4pm	0	27-Apr	27-Apr	4,800	13-Apr-25
Sports Massage - by Pimruk & Newton EM Physiology Team	FIT*	Sat&Sun	9am - 4pm	0	26-Apr	27-Apr	7,900	12-Apr-25
Sports Nutrition in Practice - by Kriyat	FIT*	Sat	9am - 5pm	0.7	26-Apr	26-Apr	6,100	12-Apr-25
Soft Fitness Workshop - by Yatin (Bundle with SPE for Gofor for 15% discount)	FIT*	Fri&Sat	9am - 5pm	0	28-Apr	29-Apr	8,300	14-Apr-25
Strength and Power Exercises for Gofor - Thai by Yatin (Bundle with Soft Fitness Workshop for 15% discount)	FIT*	Sun	9am - 4:30 pm	0	30-Apr	30-Apr	4,900	16-Apr-25
MAY								
Introduction to Anatomy for Pilates by Apitaya (include Pilates Anatomy Book by Real Isaacowitz/Karen Clippinger)	FIT*	Thu&Fri	9am - 4pm	0	8-May	9-May	9,900	24-Apr-25
Weight Training Program for Success - by Phasin	REBEL	Sun	9am - 4pm	0	18-May	18-May	4,900	4-May-25
Pre & Post Rehab Training - by Sompet	FIT*	Sun	9am - 4pm	0.6	25-May	25-May	5,200	11-May-25
JUNE								
Pre & Post Rehab Training - by Sompet - at Lion Fitness, CHANG MAI	FIT*	Thu	9am - 4pm	0.6	5-Jun	5-Jun	5,200	22-May-25
Senior Fitness Specialist - by Aikam	FIT*	Sat-Sun	9am - 4pm	1.2	7-Jun	8-Jun	9,400	24-May-25
CoreAlign Instructor Training 1 - by Apitaya (include manual fee 2,600 THB)	Balanced Body®	Wed-Sri	9am - 4pm	1.6	18-Jun	20-Jun	22,300	4-Jun-25
JULY								
Fitness Nutrition Specialist - Thai by Kriyat - at Lion Fitness, CHANG MAI	FIT*	Fri & Sat	9am - 4pm	1.2	11-Jul	12-Jul	9,400	27-Jun-25
Sports Nutrition in Practice - Thai by Kriyat - at Lion Fitness, CHANG MAI	FIT*	Sun	9am - 5pm	0.7	13-Jul	13-Jul	6,100	29-Jun-25
CoreAlign Instructor Training 2 - Thai by Apitaya (include manual fee 2,600 THB)	Balanced Body®	Wed-Sri	9am - 4pm	1.6	30-Jul	1-Aug	22,300	16-Jul-25
ONLINE AND HYBRID COURSES								
anatomy 101 (Thai Programme)	FIT*	Teachable		3	when apply	within 1 year	959	
Intro to Health Coaching (English Programme)	FIT*	3 hours ONLINE via Teachable			when apply	within 1 year	919	-
Intro to Health Coaching (English Programme)	FIT*	Teachable		2.5	when apply	within 1 year	919	
BASIC LIFE SUPPORT (CPR , AED AND CHOKING)								
		DAYS	TIME	DURATION	STARTS	ENDS	SPECIAL RATE	EARLY BIRD ENDS
MORNING sessions: 23 Feb (Phuket), 27 Feb (Eng), 5 Mar (PT), 18 Mar (PT), 27 Mar (PT), 2-Apr (PT), 25 May (PT), 14 Jun (PT)	FIT*	1 Day	9 am - 12pm	3			2,600	2 weeks before
AFTERNOON sessions: 6 May (PT)	FIT*	1 Day	9 am - 12pm	3			2,600	2 weeks before