



# 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
<b>PERSONAL TRAINER CERTIFICATION</b>								
Certified Personal Trainer - Intensive 3 weeks - Thai (IPT Group 1/2025)	ACE® / FIT®	Mon-Fri	9 am - 4 pm	84	10-Mar-25	29-Mar-25	42,900	Full
Certified Personal Trainer - Thai (PT Group 9/2025)	ACE® / FIT®	Mon&Wed	9 am - 4 pm	96	10-Mar-25	21-May-25	44,000	Full
Certified Personal Trainer - Thai (PT Group 10/2025)	ACE® / FIT®	Tue&Thu	9 am - 4 pm	96	20-Mar-25	27-May-25	44,000	Full
Certified Personal Trainer - Thai (PT Group 11/2025)	ACE® / FIT®	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)	ACE® / FIT®	Sat	9 am - 4 pm	96	17-May-25	27-Sep-25	44,000	Full
Certified Personal Trainer - Thai (PT Group 12/2025)	ACE® / FIT®	Tue&Thu	1 pm - 4 pm	96	22-May-25	30-Sep-25	44,000	8-May-25
Certified Personal Trainer - Thai (PT Group 13/2025)	ACE® / FIT®	Mon&Wed	9 am - 4 pm	96	26-May-25	21-Jul-25	44,000	12-May-25
Certified Personal Trainer - Thai (PT CNX/2025) at <b>Lion Fitness, CHIANG MAI</b>	ACE® / FIT®	Fri, Sat, Sun	9 am - 4 pm	96	30-May-25	29-Jun-25	44,000	Full
Certified Personal Trainer - Thai (PT Group 8/2025)	ACE® / FIT®	Sun	9 am - 4 pm	96	01-Jun-25	19-Oct-25	44,000	Full
Certified Personal Trainer - Thai (PT UBON/2025) at <b>Prodigy Sport &amp; Fitness Club Sandsook, UBON RATCHATHANI</b>	ACE® / FIT®	Fri, Sat, Sun	9 am - 4 pm	96	01-Aug-25	31-Aug-25	44,000	18-Jul-25
<i>Remark: ACE Personal Trainer Exam Preparation Course</i>								
<b>SPORT CONDITIONING</b>								
Certified Strength and Conditioning Specialist-Thai (Exclude NSCA-CSCS textbook)	NSCA® /CSCS®	Mon	9 am - 4 pm	72	21-Apr-25	04-Aug-25	43,300	7-Apr-25
<b>PILATES INSTRUCTOR TRAINING : at FIT Thailand, BANGKOK</b>								
Movement Principle G3/2025 - Thai by Apittiya	Balanced Body®	Tue	9 am - 4 pm	18	10-Jun-25	24-Jun-25	17,000	Full
Movement Principle G5/2025 - Thai by Sugulaya	Balanced Body®	Wed	9 am - 4 pm	18	07-May-25	21-May-25	17,000	23-Apr-25
Movement Principle G6/2025 - Thai by Apittiya	Balanced Body®	Sat&Sun	9 am - 4 pm	18	13-Sep-25	20-Sep-25	17,000	30-Aug-25
<b>Mat Pilates</b> Instructor Training G.4/2025 - Thai by Sugulaya <i>(A prerequisite : Movement Principle)</i>	Balanced Body®	Sat&Sun	9 am - 5 pm	54	24-May-25	29-Jun-25	55,000	10-May-25
<b>Mat Pilates</b> Instructor Training G.2/2025 - Thai by Apittiya <i>(A prerequisite : Movement Principle)</i>	Balanced Body®	Tue	9 am - 4 pm	54	01-Jul-25	16-Sep-25	55,000	Full
<b>Mat Pilates</b> Instructor Training G.5/2025 - Thai by Apittiya <i>(A prerequisite : Movement Principle)</i>	Balanced Body®	Sat&Sun	9 am - 4 pm	54	21-Sep-25	26-Oct-25	55,000	07-Sep-25
<b>Reformer</b> Pilates Instructor Training G3/2025- Thai Sugulaya <i>(A prerequisite : Movement Principle)</i>	Balanced Body®	Thu	9 am - 4 pm	54	05-Jun-25	28-Aug-25	88,400	Full
<b>Reformer</b> Pilates Instructor Training G4/2025- Thai Apittiya <i>(A prerequisite : Movement Principle)</i>	Balanced Body®	Sat&Sun	9 am - 6 pm	54	14-Jun-25	26-Jul-25	88,400	31-May-25
<b>Reformer</b> Pilates Instructor Training G5/2025- Thai Sugulaya <i>(A prerequisite : Movement Principle)</i>	Balanced Body®	Sat&Sun	9 am - 4 pm	54	02-Aug-25	07-Sep-25	88,400	Full
<b>Apparatus</b> Pilates Instructor Training 3/2025 - Thai Sugulaya <i>(A prerequisite : Movement Principle , Mat, Reformer)</i>	Balanced Body®	Sat&Sun	9 am - 4 pm	60	01-Nov-25	30-Nov-25	78,300	18-Oct-25
<b>PILATES INSTRUCTOR TRAINING : at Chu Pilates, CHIANG MAI</b>								
Movement Principle G.CNX2/2025 - by Chutima.	Balanced Body®	Sat & Sun	8 am - 6 pm	18	05-Apr-25	06-Apr-25	17,000	Full
Movement Principle G.CNX3/2025 - by Chutima.	Balanced Body®	Sat & Sun	8 am - 6 pm	18	10-May-25	11-May-25	17,000	26-Apr-25
Movement Principle G.CNX1/2025 - <b>English Programme</b> by Chutima.	Balanced Body®	Sat & Sun	8 am - 6 pm	18	15-Nov-25	16-Nov-25	17,000	01-Nov-25
Movement Principle G.CNX2/2025 - <b>English Programme</b> by Chutima.	Balanced Body®	Sat & Sun	8 am - 6 pm	18	06-Dec-25	07-Dec-25	17,000	22-Nov-25
<b>Mat Pilates</b> Instructor Training G.CNX2/2025- by Chutima. <i>(A prerequisite : Movement Principle)</i>	Balanced Body®	Fri-Sun	9 am - 6 pm	54	20-Jun-25	21-Jul-25	55,000	06-Jun-25
<b>Mat Pilates</b> Instructor Training G.CNX1/2025- <b>English Programme</b> by Chutima. <i>(A prerequisite : Movement Principle)</i>	Balanced Body®	Sat - Tue	9 am - 6 pm	54	22-Nov-25	01-Dec-25	55,000	08-Nov-25
<b>Reformer</b> Pilates Instructor Training G.CNX2/2025- by Chutima. <i>(A prerequisite : Movement Principle)</i>	Balanced Body®	Sat - Mon	9 am - 6 pm	72	17-May-25	07-Jul-25	88,400	03-May-25
<b>Reformer</b> Pilates Instructor Training G.CNX1/2025 - <b>English Programme</b> by Chutima. <i>(A prerequisite : Movement Principle)</i>	Balanced Body®	Sat - Mon	9 am - 6 pm	72	13-Dec-25	29-Dec-25	88,400	29-Nov-25
<b>Apparatus</b> Instructor Training 1/2025 - Thai by Chutima. <i>(A prerequisite : Movement Principle , Mat, Reformer)</i>	Balanced Body®	Fri - Mon	9 am - 6 pm	60	18-Apr-25	26-May-25	78,300	Full
<b>Apparatus</b> Instructor Training 2/2025 - Thai by Chutima. <i>(A prerequisite : Movement Principle , Mat, Reformer)</i>	Balanced Body®	Fri-Mon	9 am - 6 pm	60	03-Oct-25	03-Nov-25	78,300	19-Sep-25
<b>CONTINUING EDUCATION COURSES: CECS</b>								
<b>MARCH</b>								
Fitness Nutrition Specialist - by Wiradech	FIT®	Fri & Sat	9 am - 4 pm	1.2	14-Mar	15-Mar	9,400	Full
Sports Massage - by Pimruk & Newton EM Physiology Team at <b>Alpha Health Club, PHUKET</b>	NEWTON EM®	Sat&Sun	9 am - 4 pm	0	22-Mar	23-Mar	7,900	8-Mar-25
Practical Nutrition for Active People by Krisadee & Utchima. at <b>A Little Sunshine Café, WITTHAYU ROAD</b>		Sat	9 am - 3 pm	0	22-Mar	22-Mar	7,300	8-Mar-25
Training Pregnant & Post-Partum Clients - by Sugulaya	FIT®	Wed	9 am - 4 pm	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 - 4 pm	0	26-Mar	26-Mar	2,600	12-Mar-25
Youth Exercise Essentials - by Kittinan	FIT®	Fri	9 am - 4 pm	0.6	28-Mar	28-Mar	5,200	14-Mar-25
Sports Massage - by Pimruk & Newton EM Physiology Team	NEWTON EM®	Sat & Sun	9 am - 4 pm	0	29-Mar	30-Mar	7,900	15-Mar-25
Senior Fitness Specialist - <b>English Programme</b> by Suzanne, FIT Founder	FIT®	Mon-Tue	9 am - 4 pm	1.2	31-Mar	1-Apr	9,400	Full
<b>APRIL</b>								
ANATOMY in Three Dimension® - by Apittiya <i>(exclude manual fee 2,600 THB)</i>	Balanced Body®	Thu-Sat	9 am - 4 pm	1.6	3-Apr	5-Apr	18,900	Full
Functional Training 101 - Thai by Master Coach Farn Sitirattana	Twist®	Sat - Sun	9 am - 5 pm	1.2	19-Apr	20-Apr	9,500	5-Apr-25
Balance Board 101 - Thai by Sithiporn Klinbua - Note	STAY balance board	Sat	10 am - 3 pm	0	19-Apr	19-Apr	4,100	5-Apr-25
Healthy Eating Essentials - by Atikarn <b>(Bundle with SPE for Weight Training 101 for 15% discount)</b>	FIT®	Sat	9 am - 4 pm	0	26-Apr	26-Apr	4,100	12-Apr-25
Weight Training 101 - by Durongkorn <b>(Bundle with Healthy Eating Essentials for 15% discount)</b>	FIT®	Sun	9 am - 4 pm	0	27-Apr	27-Apr	4,900	13-Apr-25
Sports Massage - by Pimruk & Newton EM Physiology Team	FIT®	Sat&Sun	9 am - 4 pm	0	26-Apr	27-Apr	7,900	12-Apr-25
Sports Nutrition in Practice - by Kriyot	FIT®	Sat	9 am - 5 pm	0.7	26-Apr	26-Apr	6,100	12-Apr-25
Golf Fitness Workshop - by Vatin <b>(Bundle with SPE for Golfer for 15% discount)</b>	FIT®	Mon-Tue	9 am - 5 pm	0	28-Apr	29-Apr	8,300	14-Apr-25
Strength and Power Exercises for Golfer - Thai by Vatin <b>(Bundle with Golf Fitness Workshop for 15% discount)</b>	FIT®	Wed	9 am - 4.30 pm	0	30-Apr	30-Apr	4,900	16-Apr-25
<b>MAY</b>								
Introduction to Anatomy for Pilates by Apittiya <i>(include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger)</i>	FIT®	Thu&Fri	9 am - 4 pm	0	8-May	9-May	9,900	24-Apr-25
Fit® Weight Loss Specialist - Thai by Wiradech	FIT®	Fri&Sat	9 am - 4 pm	1.2	16-May	17-May	9,400	2-May-25
Weight Training Program for Success - by Phasin	REBEL	Sun	9 am - 4 pm	0	18-May	18-May	4,900	4-May-25
Programming for Maximum Strength and Hypertrophy - Thai by Wongsatorn	FIT®	Sat	9.30 am - 3.30 pm	0.5	24-May	24-May	6,850	10-May-25
Pre & Post Rehab Training - by Sompat	FIT®	Sun	9 am - 4 pm	0.6	25-May	25-May	5,200	11-May-25
Advanced Muscle and Strength Development - Thai by Noppadol	FIT®	Sat & Sun	9 am - 4 pm	1.2	31-May	1-Jun	9,400	17-May-25
<b>JUNE</b>								
Pre & Post Rehab Training - by Sompat - at <b>Lion Fitness, CHIANG MAI</b>	FIT®	Thu	9 am - 4 pm	0.6	5-Jun	5-Jun	5,200	22-May-25
Senior Fitness Specialist - by Atikarn	FIT®	Sat-Sun	9 am - 4 pm	1.2	7-Jun	8-Jun	9,400	24-May-25
Movement Preparation Specialist - <b>English Programme</b> by Tarek, FTI <b>(Bundle with FTI Movement Prep for 15% discount)</b>	FTI	Fri	9 am - 5 pm	0.8	13-Jun	13-Jun	6,900	30-May-25
Integrated Movement Coach - <b>English Programme</b> by Tarek, FTI <b>(Bundle with FTI Integrated movement for 15% discount)</b>	FTI	Sat & Sun	9 am - 6 pm	1.4	14-Jun	15-Jun	10,900	31-May-25
CoreAlign Instructor Training 1 - by Apittiya <i>(exclude manual fee 2,800 THB)</i>	Balanced Body®	Wed-Sri	9 am - 4 pm	1.6	18-Jun	20-Jun	22,300	4-Jun-25
Fit® Training Clients with Lower Back Pain - Thai by Sompat	FIT®	Thu	9 am - 4 pm	0.6	26-Jun	26-Jun	5,200	12-Jun-25
<b>JULY</b>								
Fitness Nutrition Specialist - Thai by Kriyot - at <b>Lion Fitness, CHIANG MAI</b>	FIT®	Fri & Sat	9 am - 4 pm	1.2	11-Jul	12-Jul	9,400	27-Jun-25
Sports Nutrition in Practice - Thai by Kriyot - at <b>Lion Fitness, CHIANG MAI</b>	FIT®	Sun	9 am - 5 pm	0.7	13-Jul	13-Jul	6,100	29-Jun-25
CoreAlign Instructor Training 2 - Thai by Apittiya <i>(exclude manual fee 2,800 THB)</i>	Balanced Body®	Wed-Sri	9 am - 4 pm	1.6	30-Jul	1-Aug	22,300	16-Jul-25
<b>SEPTEMBER</b>								
Introduction to Pilates Anatomy by Apittiya <i>(include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger)</i>	FIT®	Sat-Sun	9 am - 4 pm	0	6-Sep	7-Sep	9,900	23-Aug-25
<b>ONLINE AND HYBRID COURSES</b>								
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	
<b>BASIC LIFE SUPPORT ( CPR , AED AND CHOKING )</b>								
<b>MORNING sessions:</b> 18 Mar (PT5), 27 Mar (IPT), 2 Apr (PT4), 21 May (PT9), 25 May (PT1), 14 Jun (PT6), 29 Jun (PT-CNX1), 27 Sep (PT9), 19 Oct (PT8)	FIT®	1 Day	9 am - 12pm	3			2,600	2 weeks before
<b>AFTERNOON sessions:</b> 6 May (PT3)	FIT®	1 Day	9 am - 12pm	3			2,600	2 weeks before

UPDATED : 5-Mar-25