



EDUCATING AND EMPOWERING FITNESS PROFESSIONALS

CERTIFICATION COURSES				RECOGNISED BY	DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
PERSONAL TRAINER CERTIFICATION											
Certified Personal Trainer - Thai (PT Group 1/2025)				ACE® / FIT®	Mon,Wed,Fri	9 am - 12 pm	96	21-Apr-25	16-Jul-25	44,000	Full
Certified Personal Trainer - Thai (PT Group 7/2025)				ACE® / FIT®	Sat	9 am - 4 pm	96	17-May-25	27-Sep-25	44,000	3-May-25
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 Group 14/2025)				ACE® / FIT®	Tue&Thu	9 am - 4 pm	96	27-May-25	29-Jul-25	44,000	13-May-25
Certified Personal Trainer - Thai (PT CNK1/2025) at Lion Fitness, CHIANG MAI				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 - English (EPF Group 1/2025)				ACE® / FIT®	Soma,Tue,Thu	9 am - 4 pm	96	04-Jun-25	30-Jul-25	44,000	21-May-25
Certified Personal Trainer - Thai (PT UBON2025) at Prodigy Sport & Fitness Club Sankosok, UBON RATCHATHANI				ACE® / FIT®	Fri, Sat, Sun	9 am - 4 pm	96	01-Aug-25	31-Aug-25	44,000	18-Jul-25
Certified Personal Trainer - Thai (PT Group 15/2025)				ACE® / FIT®	Sun	9 am - 4 pm	96	03-Aug-25	30-Nov-25	44,000	29-Jul-25
Certified Personal Trainer - Thai (PT CNK2/2025) at Lion Fitness, CHIANG MAI				ACE® / FIT®	Fri, Sat, Sun	9 am - 4 pm	96	24-Oct-25	23-Nov-25	44,000	10-Oct-25
Remark: ACE Personal Trainer Exam Preparation Course											
SPORT CONDITIONING											
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	Full
YOGA											
200 hours Hatha Vinyasa Yoga Teacher Training - Thai by Kru Jimmy					DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
					Mon	9 am - 4 pm	18	21-Apr-25	04-Aug-25	43,300	Full
PILES INSTRUCTOR TRAINING											
Movement Principle G1/2025 - Thai by Sugulaya				Balanced Body®	Wed	9 am - 4 pm	18	07-May-25	21-May-25	17,000	Full
Movement Principle G3/2025 - Thai by Apitaya				Balanced Body®	Tue	9 am - 4 pm	18	10-Jun-25	24-Jun-25	17,000	Full
Movement Principle G6/2025 - Thai by Apitaya				Balanced Body®	Sat&Sun	9 am - 4 pm	18	13-Sep-25	20-Sep-25	17,000	Full
Mat Pilates Instructor Training G4/2025 - Thai by Sugulaya				Balanced Body®	Sat&Sun	9 am - 5 pm	54	24-May-25	29-Jun-25	55,000	Full
Mat Pilates Instructor Training G2/2025 - Thai by Apitaya				Balanced Body®	Tue	9 am - 4 pm	54	01-Jul-25	16-Sep-25	55,000	Full
Mat Pilates Instructor Training G5/2025 - Thai by Apitaya				Balanced Body®	Sat&Sun	9 am - 4 pm	54	21-Sep-25	02-Nov-25	55,000	07-Sep-25
Reformer Pilates Instructor Training G3/2025 - Thai Sugulaya				Balanced Body®	Thu	9 am - 4 pm	54	09-Jun-25	28-Aug-25	88,400	Full
Reformer Pilates Instructor Training G4/2025 - Thai Apitaya				Balanced Body®	Sat&Sun	9 am - 6 pm	54	14-Jun-25	26-Jul-25	88,400	31-May-25
Reformer Pilates Instructor Training G5/2025 - Thai Sugulaya				Balanced Body®	Sat&Sun	9 am - 4 pm	54	02-Aug-25	07-Sep-25	88,400	Full
Apparatus Pilates Instructor Training 3/2025 - Thai Sugulaya				Balanced Body®	Sat&Sun	9 am - 4 pm	60	01-Nov-25	30-Nov-25	78,300	Full
Apparatus Pilates Instructor Training 4/2025 - Thai Apitaya				Balanced Body®	Tue	9 am - 5:30 pm	60	30-Sep-25	25-Nov-25	78,300	16-Sep-25
PILES INSTRUCTOR TRAINING : at Chu Pilates, CHIANG MAI											
Movement Principle G.CN4/2025 - by Chulima.				Balanced Body®	Sat & Sun	8 am - 6 pm	18	26-Apr-25	27-Apr-25	17,000	Full
Movement Principle G.CN3/2025 - by Chulima.				Balanced Body®	Sat & Sun	8 am - 6 pm	18	10-May-25	11-May-25	17,000	Full
Movement Principle G.CN5/2025 - by Chulima.				Balanced Body®	Sat & Sun	8 am - 6 pm	18	26-Jul-25	27-Jul-25	17,000	12-Jul-25
Movement Principle G.CN1/2025 - English Programme by Chulima.				Balanced Body®	Sat & Sun	8 am - 6 pm	18	16-Nov-25	16-Nov-25	17,000	01-Nov-25
Movement Principle G.CN2/2025 - English Programme by Chulima.				Balanced Body®	Sat & Sun	8 am - 6 pm	18	06-Dec-25	07-Dec-25	17,000	22-Nov-25
Introduction to Anatomy for Pilates by Chulima (include Pilates Anatomy book by Real Isaacette/Karen Clippinger)				FIT®	Sat & Sun	9 am - 4 pm	12	28-Jun-25	29-Jun-25	9,800	14-Jun-25
Mat Pilates Instructor Training G.CN2/2025 - by Chulima.				Balanced Body®	Fr-Sun	9 am - 6 pm	54	20-Jun-25	21-Jul-25	55,000	Full
Apparatus Pilates Instructor Training G.CN1/2025 - by Chulima.				Balanced Body®	Sat - Tue	9 am - 6 pm	54	08-Aug-25	08-Sep-25	55,000	26-Jul-25
Mat Pilates Instructor Training G.CN3/2025 - English Programme by Chulima.				Balanced Body®	Sat - Tue	9 am - 6 pm	54	22-Nov-25	01-Dec-25	55,000	08-Nov-25
Reformer Pilates Instructor Training G.CN3/2025 - by Chulima.				Balanced Body®	Sat - Mon	9 am - 6 pm	72	17-May-25	07-Jul-25	88,400	Full
Reformer Pilates Instructor Training G.CN1/2025 - English Programme by Chulima.				Balanced Body®	Sat-Mon	9 am - 6 pm	72	23-Aug-25	20-Oct-25	88,400	09-Aug-25
Reformer Pilates Instructor Training G.CN2/2025 - English Programme by Chulima.				Balanced Body®	Sat - Mon	9 am - 6 pm	72	13-Dec-25	29-Dec-25	88,400	29-Nov-25
Apparatus Instructor Training 1/2025 - Thai by Chulima.				Balanced Body®	Fri - Mon	9 am - 6 pm	60	18-Apr-25	26-May-25	78,300	Full
Apparatus Instructor Training 2/2025 - Thai by Chulima.				Balanced Body®	Fr-Mon	9 am - 6 pm	60	03-Oct-25	03-Nov-25	78,300	19-Sep-25
CONTINUING EDUCATION COURSES: CECs											
					DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
APRIL											
Functional Training 101 - Thai by Master Coach Fran Srirattaratana				Twist®	Sat - Sun	9 am - 5 pm	1.2	19-Apr	20-Apr	9,500	5-Apr-25
Healthy Eating 101 - Thai by Sittiporn Kinchana - Note				STAY balance board	Sat	10 am - 3 pm	0	19-Apr	19-Apr	4,100	5-Apr-25
Health Eating Essentials - by Aikarn (Bundle with SPE for Weight Training 101 for 15% discount)				FIT®	Fri	9 am - 4 pm	0	26-Apr	27-Apr	4,100	12-Apr-25
Sports Massage - by Pimnuw & Newton EM Physiology Team				FIT®	Sat&Sun	9 am - 4 pm	0	26-Apr	27-Apr	7,900	Full
Sports Nutrition in Practice - by Kiyot				FIT®	Sat	9 am - 5 pm	0.7	26-Apr	26-Apr	6,100	12-Apr-25
Weight Training 101 - by Duroongkol (Bundle with Healthy Eating Essentials for 15% discount)				FIT®	Sun	9 am - 4 pm	0	27-Apr	27-Apr	4,900	13-Apr-25
Golf Fitness Workshop - by Vatin (Bundle with SPE for Golfer for 15% discount)				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 (Bundle with Golf Fitness Workshop for 15% discount)				FIT®	Wed	9 am - 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 Isaacette/Karen Clippinger)				FIT®	Thu&Fri	9 am - 4 pm	0	8-May	9-May	9,900	24-Apr-25
Practical Nutrition for Active People by Kinsadee & Uchimaru, at a Little Sunshine Cafe - WITHAKU ROAD				FIT®	Sat	9 am - 3 pm	0	10-May	10-May	7,200	26-Apr-25
Weight Training Program for Success - by Phasin				REBEL	Sun	9 am - 4 pm	0	18-May	18-May	4,900	4-May-25
Build Distance Runner - by Phongsakon(Performance Strength & Run) & Ratanyou(Muscle Clinic)				ACE®	Fri	9 am - 4 pm	0.6	23-May	23-May	6,100	9-May-25
AIRFIT BUNDEE Instructor Training - by Siwatt Mahong at Panya Sport Complex				FIT®	Fr-Sun	9 am - 6 pm	2.5	23-May	25-May	35,000	9-May-25
Programming for Maximum Strength and Hypertrophy - Thai by Wongstornat				ACE®	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
Fitness Nutrition Specialist Eng - by Suzanne				FIT®	Mon&Tue	9 am - 4 pm	1.2	26-May	27-May	9,400	12-May-25
Elite Hospitality Fitness Training - by Panuwat - at Technogyg Laguna, Phuket				FIT®	Tue&Wed	9 am - 4 pm	0	27-May	28-May	7,900	13-May-25
Partner Stretching Workshop (for all fitness levels) - by Kru Jimmy				FIT®	Wed	1 pm - 4 pm	0	28-May	28-May	2,600	14-May-25
Fit® Weight Loss Specialist - Thai by Wirodech				FIT®	Fri&Sat	9 am - 4 pm	1.2	30-May	31-May	9,400	16-May-25
Advanced Muscle and Strength Development - Thai by Nopadol				FIT®	Sat & Sun	9 am - 4 pm	1.2	31-May	1-Jun	9,400	17-May-25
JUNE											
Pre & Post Rehab Training - by Sompat - at Lion Fitness, CHIANG MAI				FIT®	Thu	9 am - 4 pm	0.6	5-Jun	5-Jun	5,200	22-May-25
ANATOMY 101 (Thai Programme)				Balanced Body®	Thu-Sat	9 am - 4 pm	1.6	5-Jun	7-Jun	16,800	22-May-25
Senior Fitness Specialist - by Aikarn (exclude manual fee 2,600 THB)				FIT®	Sat-Sun	9 am - 4 pm	1.2	7-Jun	8-Jun	9,400	24-May-25
Movement Preparation Specialist - English Programme by Tanek, FIT (bundle with FIT Movement Prep for 15% discount)				FIT®	Fri	9 am - 5 pm	0.8	13-Jun	13-Jun	6,900	30-May-25
Acquired Fitness Professional (Level 1) - by Pimnuw, Kiyot, Ponnpana, Wiraporn				FIT®	Sat&Wed	9 am - 4 pm	1.2	14-Jun	11-Jun	9,400	27-May-25
Integrated Movement Coach - English Programme by Tanek, FIT (bundle with FIT Integrated movement for 15% discount)				FIT®	Sat & Sun	9 am - 6 pm	1.4	19-Jun	19-Jun	13,900	31-May-25
CoreAlign Instructor Training 1 - by Apitaya (exclude manual fee 2,600 THB)				Balanced Body®	Wed-Sat	9 am - 4 pm	1.6	19-Jun	20-Jun	22,300	4-Jun-25
FIP Training Courses with Lower Back Pain - Thai by Sompat				FIT®	Thu	9 am - 4 pm	0.5	26-Jun	26-Jun	5,200	12-Jun-25
Youth Exercise Essentials - by Kittanan				FIT®	Fri	9 am - 4 pm	0.6	27-Jun	27-Jun	5,200	13-Jun-25
Partner Stretching Workshop (for all fitness levels) - by Kru Jimmy at ABS-EN - Hadayai				FIT®	Sat	10 am - 1 pm	0	28-Jun	28-Jun	2,600	14-Jun-25
JULY											
Sports Massage - by Pimnuw & Newton EM Physiology Team at Alpha Health Club, PHUKET				NEWTON EM®	Sun	9 am - 4 pm	0	26-Jul	27-Jul	7,900	12-Jul-25
CoreAlign Instructor Training 2 - Thai by Apitaya (exclude manual fee 2,600 THB)				Balanced Body®	Wed-Sri	9 am - 4 pm	1.6	30-Jul	1-Aug	22,300	16-Jul-25
AUGUST											
Fitness Nutrition Specialist - Thai by Kiyot - at Lion Fitness, CHIANG MAI				FIT®	Fri & Sat	9 am - 4 pm	1.2	1-Aug	2-Aug	9,400	18-Jul-25
Sports Nutrition in Practice - Thai by Kiyot - at Lion Fitness, CHIANG MAI				FIT®	Sun	9 am - 5 pm	0.7	3-Aug	3-Aug	6,100	20-Jul-25
SEPTEMBER											
Introduction to Pilates Anatomy by Apitaya (include Pilates Anatomy book by Real Isaacette/Karen Clippinger)				FIT®	Sat-Sun	9 am - 4 pm	0	6-Sep	7-Sep	9,900	23-Aug-25
ONLINE AND HYBRID COURSES											
						ONLINE PLATFORM	DURATION	STARTS	ENDS	SPECIAL RATE	EARLY BIRD ENDS
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			REGULAR RATE	EARLY BIRD ENDS
MORNING sessions: 21 May (PTB), 25 May (PT1), 14 Jun (PTB), 29 Jun (PT-CN), 27 Sep (PT-CN), 19 Oct (PTB)				FIT®	1 Day	9 am - 12pm	3			2,600	2 weeks before
AFTERNOON sessions: 6 May (PT2)				FIT®	1 Day	9 am - 12pm	3			2,600	2 weeks before
											UPDATED: 17-Apr-25