



2022 CERTIFICATION COURSES		DAYS & TIMES	TIME	CLASS HOURS	STARTS	ENDS	COURSE PRICE	Special discounts before
Certified Personal Trainer - Thai (PT Group 1/2022)	<b>*New &amp; Update*</b>	MWF	9 am - 12 pm	96	5-Jan-22	23-Mar-22	39,950	Started
Certified Personal Trainer - Thai (PT Group 2/2022)	<b>*New &amp; Update*</b>	Tue & Thu	9 am - 4 pm	96	6-Jan-22	3-Mar-22	39,950	Started
Certified Personal Trainer - Thai (PT Group 3/2022)	<b>*New &amp; Update*</b>	MWF	1 - 4 pm	96	7-Jan-22	25-Mar-22	39,950	Started
Certified Personal Trainer - Thai (PT Group 4/2022)	<b>*New &amp; Update*</b>	MWF	9 am - 4 pm	96	10-Jan-22	18-Feb-22	39,950	Started
Certified Personal Trainer - Thai (PT Group 6/2022)	<b>*New &amp; Update*</b>	Sat	9 am - 4 pm	96	5-Feb-22	11-Jun-22	39,950	22-Jan-22
Certified Personal Trainer - Thai (PT Group 7/2022)	<b>*New &amp; Update*</b>	Sunday	9 am - 4 pm	96	13-Feb-22	19-Jun-22	39,950	30-Jan-22
Certified Personal Trainer - Thai (PT Group 5/2022)	<b>*New &amp; Update*</b>	Tue & Thu	1 - 4 pm	96	22-Feb-22	16-Jun-22	39,950	8-Feb-22
Certified Personal Trainer - English (EPT Group 1/2022)	<b>*New &amp; Update*</b>	MWF	9 am - 12 pm	96	14-Feb-22	13-May-22	39,950	31-Jan-22
Certified Personal Trainer - Thai Intensive (IPT 1/2022)	<b>*New &amp; Update*</b>	Mon-Fri	9 am - 4 pm	78	9-May-22	27-May-22	38,900	25-Apr-22
Certified Personal Trainer - English Intensive in Phuket (IEPT 1/2022)	<b>*New &amp; Update*</b>	Mon-Fri	9 am - 4 pm	78	6-Jun-22	25-Jun-22	38,900	23-May-22
Certified Health and Wellness Coaching - English-via Zoom (Exclude ACE text book)		Tue & Thu	9 am - 12 pm	45	1-Mar-22	21-Apr-22	27,200	15-Feb-22
Certified Health and Wellness Coaching - Thai (Exclude ACE text book)		Tue & Thu	1 - 4 pm	45	1-Feb-22	22-Mar-22	27,200	18-Jan-22
Certified Strength and Conditioning Specialist-Thai (Exclude NSCA-CSCS textbook) English Exam		Sat & Sun	1 pm - 4 pm	75	5-Feb-22	17-May-22	39,200	22-Jan-22
300 hours Hatha Vinyasa Yoga Teacher Training - Thai by Kru Jimmy (prerequisite = YTT200)		Sat & Sun	8.30 am - 5.30 pm	300	5-Mar-22	24-Jul-22	120,000	19-Feb-22
Balanced Body Movement Principle+Mat Pilates Instructor Training G1 - Thai by Apittiya <b>*NEW*</b>		Sat*	9 am - 4 pm	72	5-Feb-22	21-May-22	65,400	22-Jan-22
Balanced Body Movement Principle G1-Thai by Apittiya		Sat*	9 am - 4 pm	18	5-Feb-22	19-Feb-22	15,500	22-Jan-22
Balanced Body Mat Pilates Instructor Training G1 - Thai by Apittiya <b>*NEW*</b>		Sat*	9 am - 4 pm	54	26-Feb-22	21-May-22	49,900	12-Feb-22
Balanced Body Movement Principle+Mat Pilates Instructor Training G2- Thai by Apittiya <b>*NEW*</b>		Tue*	9 am - 4 pm	72	15-Feb-22	31-May-22	65,400	1-Feb-22
Balanced Body Movement Principle G2-Thai by Apittiya		Tue*	9 am - 4 pm	18	15-Feb-22	1-Mar-22	15,500	1-Feb-22
Balanced Body Mat Pilates Instructor Training G2 - Thai by Apittiya <b>*NEW*</b>		Tue*	9 am - 4 pm	54	8-Mar-22	31-May-22	49,900	22-Feb-22
Balanced Body Pilates Apparatus Instructor Training G1- Thai by Sugulaya		Thu	9 am - 4 pm	48	3-Mar-22	5-May-22	63,200	17-Feb-22
Balanced Body Pilates MOTR Instructor Training - Thai by Sugulaya		Fri - Sun	9 am - 4 pm	CECs 1.6	6-May-22	8-May-22	25,200	22-Apr-22
Balanced Body Reformer Pilates Instructor Training G1- Thai by Sugulaya (prerequisite = Movement Principle)		Thu	9 am - 4 pm	72	12-May-22	4-Aug-22	80,200	28-Apr-22
Balanced Body Reformer Pilates Instructor Training G2 - Thai by Apittiya (prerequisite = Movement Principle)		Tue	9 am - 4 pm	72	7-Jun-22	27-Sep-22	80,200	24-May-22
Balanced Body Pilates Apparatus Instructor Training G2 - Thai by Apittiya <b>*NEW*</b>		Wed	9 am - 4 pm	48	18-May-22	6-Jul-22	63,200	4-May-22
Balanced Body Pilates Apparatus Instructor Training G3 - Thai by Apittiya <b>*NEW*</b>		Sat	9 am - 4 pm	48	11-Jun-22	30-Jul-22	63,200	28-May-22
Balanced Body Pilates Apparatus Instructor Training G4 - Thai by Apittiya <b>*NEW*</b>		Tue	9 am - 4 pm	48	4-Oct-22	22-Nov-22	63,200	20-Sep-22
2022 CONTINUING EDUCATION COURSES for Fitness Professionals		DAYS & TIMES	TIME	CECs	STARTS	ENDS	COURSE PRICE	Special discounts before
<b>ONLINE or HYBRID Courses</b>								
2-Day Online AFC 2021 Recorded Sessions		" 35 hours ONLINE via Teachable "			when apply	within 1 year	2,000	
Anatomy 101 ( Thai Programme )		" 3 hours ONLINE via Teachable "			when apply	within 1 year	959	
Rocktape Introduction of Basic Taping (Thai Programme)		" 3 hours ONLINE via Giantmovement "			when apply	within 1 month	999	
Intro to Health Coaching (English Programme)		" 3 hours ONLINE via Teachable "			when apply	within 1 year	919	
Intro to Health Coaching (Thai Programme)		" 3 hours ONLINE via Teachable "			when apply	within 1 year	919	
<b>January</b>								
Fit® Advanced Muscle and Strength Development - Thai by Noppadol		Mon & Tue	9 am - 4 pm	1.2	10-Jan	11-Jan	8,900	Completed
Fit® Weight Loss Specialist - Thai by Wiradech		Sat	9 am - 4 pm	1.2	15-Jan	22-Jan	8,900	
Balanced Body Mat & Band-Thai by Sugulaya		Tue	9 am - 4 pm	0.3	17-Jan	17-Jan	6,600	
Fit® Women Fitness Essentials - Thai by Atikarn		Thu	9 am - 4 pm	0.6	13-Jan	13-Jan	4,900	
Golf Fitness Workshop - Thai by Vatin		Mon & Tue	9 am - 5 pm		24-Jan	25-Jan	7,900	10-Jan-22
Fit® Small Group Training - Thai by Panuwat		Wed	9 am - 4 pm	0.6	26-Jan	26-Jan	4,900	12-Jan-22
Barbell Basics - Thai by Wongsatorn *at Thai Powerlifting Federation,Sathom*		Sun	9 am - 12 pm	0.3	30-Jan	30-Jan	3,900	16-Jan-22
<b>February</b>								
Balanced Body® Anatomy in 3 Dimensions™ - Thai by Apittiya (exclude manual 2,600 THB)		Wed - Fri	9 am - 4 pm	1.6	2-Feb	4-Feb	18,000	19-Jan-22
Fit® Youth Exercise Essentials - Thai by Kittinan		Wed	9 am - 4 pm	0.6	2-Feb	2-Feb	4,900	19-Jan-22
Fit® Pre & Post Rehab Training - Thai by Sompat		Tue & Thu	1 - 4 pm	0.6	15-Feb	17-Feb	4,900	1-Feb-22
Fit® Training Pregnant & Post-Partum Clients - Thai by Sugulaya		Sat	9 am - 4 pm	0.6	12-Feb	12-Feb	4,900	29-Jan-22
Fit® Fitness Nutrition Specialist - Thai by Wiradech		Thu & Fri	9 am - 4 pm	1.2	24-Feb	25-Feb	8,900	10-Feb-22
<b>March</b>								
Fit® Training Clients with Lower Back Pain - Thai by Sompat		Tue & Thu	1 - 4 pm	0.6	8-Mar	10-Mar	4,900	22-Feb-22
Fit® Weight Loss Specialist - Thai by Wiradech		Thu & Fri	9 am - 4 pm	1.2	17-Mar	18-Mar	8,900	3-Mar-22
<b>Bundle Deal 25% discount</b>								
Fit® Senior Fitness Specialist - English by Suzanne		Sat & Sun	9 am - 4 pm	1.2	22-Jan	23-Jan	8,900	
Fit® Weight Loss Specialist - English by Suzanne		Sat & Sun	9 am - 4 pm	1.2	19-Feb	20-Feb	8,900	
WORKSHOPS for General Public		DAYS & TIMES	TIME	Class Hours	STARTS	ENDS	COURSE PRICE	Special discounts before
Running Fundamental - Thai by Atikarn & Thanakorn		Sat & Sun	9 am - 4 pm	12	TBD	TBD	5,900	TBD
Healthy Eating Essentials - Thai by Atikarn <b>NEW *For General Public only*</b>		TBD	9 am - 4 pm	6	TBD	TBD	3,900	TBD
Healthy Eating Essentials - English by Suzanne <b>*For General Public only*</b>		TBD	9 am - 4 pm	6	TBD	TBD	3,900	TBD
BASIC LIFE SUPPORT (CPR, AED, Choking)		DAY	TIME	Class Hours	STARTS	ENDS	COURSE PRICE	Special discounts before
MORNING sessions: 15 Jan-Thai, 18 Feb-Thai 16, 27 Mar-Thai, 2 Apr - Thai		1 Day	9am - 12pm	3	TBD	TBD	2,600	2 weeks before
AFTERNOON sessions: 18 Feb-Thai, 3 March-Thai		1 Day	1pm - 4pm	3	TBD	TBD	2,600	2 weeks before

## HAPPY YEAR OF TIGER

- รับส่วนลดทันที 15% เมื่อลงทะเบียนคอร์สระยะสั้น 2 คอร์ส (Enjoy upto 15% discount if you register for 2 CECs at once.) โปรโมชัน 5 ม.ค. 65 - 5 ก.พ. 65.
- ส่วนลดสูงสุด 30% สำหรับหลักสูตรครูสอนโยคะ 300 ชั่วโมง รุ่นที่ 1 หมวดเซต 31 ม.ค. 65

หมายเหตุ - เงื่อนไขเป็นไปตามที่บริษัทฯ กำหนด

