



COURSE SCHEDULE

ตารางอบรมหลักสูตรประกาศนียบัตรและหลักสูตรต่อเนื่องระยะสั้น

EDUCATING & EMPOWERING FITNESS PROFESSIONALS



2023 CERTIFICATION COURSES	DAYS & TIMES	TIME	CLASS HOURS	STARTS	ENDS	COURSE PRICE	Special discounts before
PERSONAL TRAINING New & Update!							
Certified Personal Trainer - Thai (PT Group 21/2023) *NEW	Tue&Thu	9 am - 12 pm	96	21-Sep-23	25-Jan-24	41,950	15-Sep-23
Certified Personal Trainer - Thai (PT Group 24/2023) *NEW	MWF-PM	1 - 4 pm	96	9-Oct-23	12-Jan-24	41,950	25-Sep-23
Certified Personal Trainer - Thai (PT Group 23/2023) *NEW	Tue&Thu	9 am - 4 pm	96	10-Oct-23	7-Dec-23	41,950	26-Sep-23
Certified Personal Trainer - Thai (PT Group 22/2023) *NEW	MWF-AM	9 am - 12 pm	96	30-Oct-23	26-Jan-24	41,950	16-Oct-23
Certified Personal Trainer - Thai (PT Group Chiangmai/2024) *NEW	Fri,Sat,Sun	9 am - 4 pm	90	2-Feb-24	3-Mar-24	41,950	22-Dec-23
Certified Personal Trainer - Eng (EPT Group 1/2024)	MWF-AM	9 am - 12 pm	96	5-Feb-24	29-Apr-24	41,950	22-Jan-24
Certified Personal Trainer - Intensive Eng (IEPT Group 1/2024) *NEW	Mon-Fri	9 am - 4 pm	96	1-Jul-24	26-Jul-24	41,950	1-Jun-24
SPORT CONDITIONING							
Certified Strength and Conditioning Specialist-Eng (Exclude NSCA-CSCS textbook) English Exam	Sat	9 am - 4 pm	72	3-Feb-24	25-May-24	41,200	20-Jan-24
Health Coach Workshop Series (Eng) buy all 4 get 20% off							
1. Health Coaching Skills Workshop(Thai) (2days)	TBD	9 am - 4 pm	12	TBD	TBD	7,800	26-Jun-23
2. Health Behavior Change Workshop(Thai) (3days) *NEW	TBD	9 am - 4 pm	18	TBD	TBD	11,700	10-Jul-23
3. Preventing Chronic Diseases Workshop (2days)	TBD	9 am - 4 pm	12	TBD	TBD	7,800	TBD
4. Health Coach Exam Prep (1days)	TBD	9 am - 4 pm	6	TBD	TBD	3,900	TBD
PILATES							
Balanced Body Reformer Pilates Instructor Training G5/2023- Thai by Sugulaya(prerequisite = Movement Principle)	Sat,Sun	9 am - 4 pm	72	16-Sep-23	5-Nov-23	84,200	Full
Balanced Body Movement Principle G6/2023 - Thai by Apittiya	Sat,Sun	9 am - 4 pm	18	16-Sep-23	23-Sep-23	16,200	Full
Balanced Body Movement Principle + Mat G3/2023 - Thai by Apittiya	Fri,Sat,Sun	9 am - 4 pm	72	16-Sep-23	12-Nov-23	68,600	Full
Balanced Body Pilates Apparatus Instructor Training G3/2023 - Thai by Apittiya	Tue	9 am - 4 pm	48	19-Sep-23	7-Nov-23	66,300	Full
Balanced Body Reformer Pilates Instructor Training G6/2023- Thai by Apittiya(prerequisite = Movement Principle)	Wed	9 am - 4 pm	72	20-Sep-23	6-Dec-23	84,200	Full
Balanced Body Mat Pilates Instructor Training G3/2023 - Thai by Apittiyaya (prerequisite = Movement Principle)	Fri,Sat,Sun	9 am - 4 pm	54	24-Sep-23	12-Nov-23	52,400	Full
Balanced Body Reformer Pilates Instructor Training G8/2023- Thai by Sugulaya(prerequisite = Movement Principle)	Thu	9 am - 4 pm	72	2-Nov-23	1-Feb-24	84,200	Full
Balanced Body Movement Principle G8/2023 - Thai by Apittiya *NEW	Tue	9 am - 4 pm	18	14-Nov-23	28-Nov-23	16,200	Full
Balanced Body Reformer Pilates Instructor Training G7/2023- Thai by Apittiya(prerequisite = Movement Principle)	Sat,Sun&Fri-Mon	9 am - 4 pm	72	18-Nov-23	21-Jan-24	84,200	Full
Balanced Body Movement Principle G8/2023 - Thai by Apittiya *NEW	Tue	9 am - 4 pm	18	16-Jan-24	30-Jan-24	16,200	2-Jan-24
2023 CONTINUING EDUCATION COURSES for Fitness Professionals							
September							
Weight Training 101-Thai by Panuwat (WORKSHOP for general public-NEW!!)	Fri	9 am - 4 pm	1.2	15-Sep	15-Sep	4,900	15-Sep-23
Fit® Fitness Nutrition Specialist - Eng by Suzanne	Mon&Tue	9 am - 4 pm	1.2	18-Sep	19-Sep	9,400	15-Sep-23
Fit® Youth Exercise Essentials - Thai by Kittinan	Fri	9 am - 4 pm	0.6	22-Sep	22-Sep	5,200	15-Sep-23
Fit® Training Pregnant & Post-Partum Clients - Thai by Sugulaya	Wed	9 am - 4 pm	0.6	27-Sep	27-Sep	5,200	Full
Partner Stretching Workshop - Thai by Kru Jimmy (WORKSHOP for general public-NEW!!)	Fri	9 am - 12 pm	0	29-Sep	29-Sep	2,600	15-Sep-23
Coaching Cues for 7 Fundamental Movement-Thai by Tham	Sat	9 am - 4 pm	0	30-Sep	30-Sep	4,900	16-Sep-23
October							
BOSU® Mindful Movement & Mobility by Pilartluck *NEW	Wed	9 am - 4 pm	0.4	4-Oct	4-Oct	5,050	20-Sep-23
Fit® Weight Loss Specialist - Thai by Wiradech	Fri & Sat	9 am - 4 pm	1.2	6-Oct	7-Oct	9,400	22-Sep-23
BOSU® Next Gen by Thanakorn *NEW	Wed	9 am - 4 pm	0.4	11-Oct	11-Oct	5,050	27-Sep-23
Fit® Senior Fitness Specialist - Thai by Atikarn	Fri - Sat	9 am - 4 pm	1.2	6-Oct	7-Oct	9,400	Full
Fit® Training Pregnant & Post-Partum Clients - Thai by Sugulaya	Wed	9 am - 4 pm	0.6	25-Oct	25-Oct	5,200	Full
Balanced Body MOTR Instructor Training Comprehensive- Thai by Apittiya	Fri-Sun	9 am - 4 pm	1.6	27-Oct	29-Oct	26,400	13-Oct-23
Coaching Cues for 7 Fundamental Movement-Thai by Tham	Sat	9 am - 4 pm	0	28-Oct	28-Oct	4,900	14-Oct-23
Programing for Maximum Strength and Hypertrophy - Thai by Wongsatorn	Sun	9.30 am - 3.30 pm	0.5	29-Oct	29-Oct	6,850	15-Oct-23
November							
Running Fundamental - Thai by Atikarn & Thanakorn (WORKSHOP for general public-NEW!!)	Wed & Thu	9 am - 4 pm	12	3-Nov	4-Nov	6,200	20-Oct-23
Fit® Training Clients with Lower Back Pain - Thai by Sompat	Tue & Thu	9 am - 12 pm	0.6	6-Nov	8-Nov	5,200	14-Nov-23
Fit® Women Fitness Essentials - Thai by Atikarn	Tue	9 am - 4 pm	0.6	7-Nov	7-Nov	5,200	24-Oct-23
Healthy Eating Essentials - Thai by Atikarn *For General Public*	Sat	9 am - 4 pm	6	11-Nov	11-Nov	4,100	28-Oct-23
Fit® Pilates Anatomy by Apittiya include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger	Thi	9 am - 4 pm	0	16-Nov	23-Nov	9,900	Full
Fit® Golf Fitness Workshop - Thai by Vatin *NEW	Sat & Sun	9 am - 5 pm	0	25-Nov	26-Nov	8,300	11-Nov-23
December							
Fit® Senior Fitness Specialist - Thai by Atikarn	Thu-Fri	9 am - 4 pm	1.2	14-Dec	15-Dec	9,400	30-Nov-23
Barbell Basics - Thai by Wongsatorn	Sat	1 - 4 pm	0.3	16-Dec	16-Dec	4,100	2-Dec-23
Fit® Advanced Muscle and Strength Development - Thai by Noppadol	Mon&Tue	9 am - 4 pm	1.2	18-Dec	19-Dec	9,400	4-Dec-23
October							
ASIA FITNESS CONFERENCE 2023+ PROGRAMME at BITEC, Bangna, Bangkok, THAILAND							
AFC 2023+ : 3 Days PASS	Fri - Sun	8 am - 5.30 pm	TBA	20-Oct	22-Oct	14,000	15,000
AFC 2023+ : 2 Days PASS	Sat - Sun	8 am - 5.30 pm	TBA	21-Oct	22-Oct	10,000	11,000
Registrations in Website							
ASIA FITNESS CONFERENCE 2023+ POST-CONFERENCE							
Session 401 Fascial Lines Training with Peter Twist	Mon	9 am - 5 pm	TBA	23-Oct	23-Oct	7,200	8,200
Session 402 Steel Mace Qualification with JJ Sweeney	Mon	9 am - 5 pm	TBA	23-Oct	23-Oct	9,000	9,800
Session 403 Rockit Movemetn- Basic of Bodyweight Training with Yury Rockit	Mon	9 am - 1 pm	TBA	23-Oct	23-Oct	3,200	4,200
Session 404 Strength Training for Fat Loss with Nick Tuminello	Mon	9 am - 4 pm	TBA	23-Oct	23-Oct	9,000	10,800
Session 405 Functional Aging Specialist Certification with Cody Sipe	Mon	9 am - 5 pm	TBA	23-Oct	23-Oct	10,800	12,800



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Session 406 Isometric Training for Runners with Ranell Hobson	Mon	9 am - 3 pm	TBA	23-Oct	23-Oct	5,800	6,300
Session 407 Science to Gym Floor Essentials with Martin Refalo and Samuel Schepis	Mon	9 am - 5 pm	TBA	23-Oct	23-Oct	5,400	7,200
ONLINE AND HYBRID COURSES		Duration		STARTS	ENDS	COURSE PRICE	Special discounts before
Intro to Health Coaching (Thai Programme)	" 3 hours ONLINE via Teachable "			when apply	within 1 year	919	
WORKSHOPS for General Public		DAYS & TIMES	TIME	Class Hours	STARTS	ENDS	COURSE PRICE
Healthy Eating Essentials - Thai by Atikarn <i>NEW *For General Public only*</i>		Sat	9 am - 4 pm	6	11-Nov	11-Nov	4,100
Healthy Eating Essentials - English by Suzanne <i>*For General Public only*</i>		TBD	9 am - 4 pm	6	TBD	TBD	4,100
BASIC LIFE SUPPORT (CPR, AED, Choking)		DAY	TIME	Class Hours			COURSE PRICE
MORNING sessions: 14Sep(PT12) ,29Sep(PT15) ,28Oct(PT10) ,19Nov(PT11)		1 Day	9am - 12pm	3	TBD	TBD	2,600
AFTERNOON sessions: 4 Oct(PT16)		1 Day	9am - 12pm	3	TBD	TBD	2,600

14-Sep-23

INCLUDE · INSPIRE · IGNITE
 BREAKING BOUNDARIES TOGETHER
 20 - 23 OCTOBER 2023 • BANGKOK, THAILAND

Rates	Super Early Bird	Early Bird	Regular Rate	Onsite Rate
Period	Dec 1 st 2022 - Jan 31 st 2023	Feb 1 st - Apr 30 th 2023	May 1 st - Sept 30 th 2023	Oct 1 st 2023 onwards
2-Day Pass	7,800 THB	8,800 THB	10,000 THB	11,000 THB
3-Day Pass	10,500 THB	12,000 THB	14,000 THB	15,000 THB

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7 Fabulous
POST-CONFERENCE SESSIONS TO CHOOSE FROM
MONDAY, OCTOBER 23RD, 2023

EARLY BIRD OFFERS! Click [HERE](#) to see their descriptions and learning objectives