



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 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) *NEW | 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 *NEW | 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 | TT | 9 am - 4 pm | 48 | 7-Nov-23 | 30-Nov-23 | 31,200 | 24-Oct-23 |
| PILATES | | | | | | | |
| 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 | 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 G1/2024 - Thai by Apittiya *NEW | Tue | 9 am - 4 pm | 18 | 16-Jan-24 | 30-Jan-24 | 16,200 | 2-Jan-24 |
| Balanced Body Mat Pilates Instructor Training G1/2024 - Thai by Apittiyaya (prerequisite = Movement Principle) | Thu | 9 am - 4 pm | 54 | 18-Jan-24 | 14-Mar-24 | 52,400 | Full |
| 2023 CONTINUING EDUCATION COURSES for Fitness Professionals | | | | | | | |
| September | | | | | | | |
| Partner Stretching Workshop - Thai by Kru Jimmy (WORKSHOP for general public-NEW!!) | Fri | 9 am - 12 pm | 0 | 29-Sep | 29-Sep | 2,600 | 28-Sep-23 |
| Coaching Cues for 7 Fundamental Movement-Thai by Tham | Sat | 9 am - 4 pm | 0 | 30-Sep | 30-Sep | 4,900 | 29-Sep-23 |
| October | | | | | | | |
| Fit@ Weight Loss Specialist - Thai by Wiradech | Fri & Sat | 9 am - 4 pm | 1.2 | 6-Oct | 7-Oct | 9,400 | 22-Sep-23 |
| Fit@ Senior Fitness Specialist - Thai by Atikarn | Fri - Sat | 9 am - 4 pm | 1.2 | 6-Oct | 7-Oct | 9,400 | 22-Sep-23 |
| 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 |
| Weight Training 101-Thai by Durongkorn (WORKSHOP for general public-NEW!!) | Fri | 9 am - 4 pm | 0 | 10-Nov | 10-Nov | 4,900 | 27-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@ Training Pregnant & Post-Partum Clients - Thai by Sugulaya *NEW | Sat | 9 am - 4 pm | 0.6 | 11-Nov | 11-Nov | 5,200 | 28-Oct-23 |
| Fit@ Pilates Anatomy by Apittiya include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger | Thu | 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 |
| January 2024 | | | | | | | |
| Fit@ Pilates Anatomy by Apittiya include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger | Fri | 9 am - 4 pm | 0 | 19-Jan | 29-Jan | 9,900 | 15-Jan-24 |
| March 2024 | | | | | | | |
| Balanced Body Anatomy in Three Dimensions Instructor Training - Thai by Apittiya | Thu-Sat | 9 am - 4 pm | 1.6 | 21-Mar | 23-Mar | 26,400 | 7-Mar-24 |
| Balanced Body CoreAlign Instructor Training 1 - Thai by Apittiya (exclude manual fee 2,800 THB) | Thu-Sat | 9 am - 4 pm | 1.6 | 28-Mar | 30-Mar | 22,300 | 14-Mar-24 |
| Balanced Body CoreAlign Instructor Training 2 - Thai by Apittiya (exclude manual fee 2,800 THB) | Thu-Sat | 9 am - 4 pm | 1.6 | 4-Apr | 6-Apr | 22,300 | 21-Mar-24 |
| October | | | | | | | |
| ASIA FITNESS CONFERENCE 2023+ PROGRAMME at BITEC, Bangna, Bangkok, THAILAND | | | | | | | |
| AFC 2023+ : 3-Day PASS | Fri - Sun | 7 am - 5.30 pm | TBA | 20-Oct | 22-Oct | 14,000 | 15,000 |
| AFC 2023+ : 2-Day PASS | Sat - Sun | 7 am - 5.30 pm | TBA | 21-Oct | 22-Oct | 10,000 | 11,000 |
| AFC 2023+ : 1-Day PASS (*GET a special rate by showing your UNIVERSITY ID CARD) | Friday | 7 am - 5.30 pm | TBA | 20-Oct | 20-Oct | Special rate* 1,999 THB | Regular rate 6,000 THB |
| Promotion: Register now and SAVE up to 30%, click at www.asiafitconference.com | | | | | | | |
| 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 |
| 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 | | | | | | | |
| Anatomy 101 | Duration | | | STARTS | ENDS | COURSE PRICE | Special discounts before |
| | " 3 hours ONLINE via Teachable " | | | when apply | within 1 year | 959 | |
| WORKSHOPS for General Public | | | | | | | |
| Healthy Eating Essentials - Thai by Atikarn NEW *For General Public only* | Sat | 9 am - 4 pm | 6 | 11-Nov | 11-Nov | 4,100 | 28-Oct-23 |



| BASIC LIFE SUPPORT (CPR, AED, Choking) | DAY | TIME | Class Hours | | | COURSE PRICE | Special discounts before |
|---|-------|------------|-------------|-----|-----|--------------|--------------------------|
| MORNING sessions: 29Sep(PT15) ,28Oct(PT10) ,19Nov(PT11) | 1 Day | 9am - 12pm | 3 | TBD | TBD | 2,600 | 2 weeks before |
| AFTERNOON sessions: 4 Oct(PT16) | 1 Day | 9am - 12pm | 3 | TBD | TBD | 2,600 | 2 weeks before |

3-DAY PASS
 FRI, SAT, SUN | 20-22 . 10 . 2023
 7:30 AM - 5 PM BITEC, BANGNA, BKK.
 Expires 30 Sep 2023
 Regular Rate **14,000** Onsite Rate **15,000**
BEST SELLER
 ASIA FITNESS CONFERENCE
 www.asiafitconference.com

2-DAY PASS
 SAT, & SUN | 21-22 . 10 . 2023
 7:30 AM - 5 PM BITEC, BANGNA, BKK.
 Expires 30 Sep 2023
 Regular Rate **10,000** Onsite Rate **11,000**
HOT DEAL
 ASIA FITNESS CONFERENCE
 www.asiafitconference.com

1-DAY PASS
 FRIDAY | 20 . 10 . 2023
 7:30 AM - 5 PM BITEC, BANGNA, BKK.
 Expires 30 Sep 2023
 Regular Rate **6,000** Onsite Rate **11,000**
Only 1,999
HOT NEW
 ASIA FITNESS CONFERENCE
 www.asiafitconference.com

5 ขั้นตอนการเลือกหัวข้อ

THE FIVE STEPS: SESSION SELECTION.

- STEP 01** **เข้าเว็บไซต์**
GO TO WEBSITE
 Go to our official website at www.asiafitconference.com and click on **LOG IN**
- STEP 02** **เข้าสู่ระบบ**
LOG IN
 Enter **USERNAME** (your registered email) and **PASSWORD** (confirmation number when you registered)
- STEP 03** **เลือกเวลา**
CLICK ON THE TIME SLOT
 Scroll down to Session Selection, double-click on the time slot to see the session options to choose from.
- STEP 04** **เลือกหัวข้อ**
SELECT THE SESSIONS
 Select the sessions that you'd like to attend. You can **only select ONE session** per time slot.
- STEP 05** **สรุปผลการเลือก**
VIEW SUMMARY
 You can view the Registration Summary overview and your selected sessions on the website after log in.

ASIA FITNESS CONFERENCE 2023

INCLUDE • INSPIRE • IGNITE

BREAKING BOUNDARIES TOGETHER

20 - 23 OCTOBER 2023 • BANGKOK, THAILAND

Organised by: **fit** Supported by: **TCEB**