



COURSE SCHEDULE

ตารางอบรมหลักสูตรประกาศนียบัตรและหลักสูตรต่อเนื่องระยะสั้น

EDUCATING & EMPOWERING FITNESS PROFESSIONALS



2024 CERTIFICATION COURSES	DAYS & TIMES	TIME	CLASS HOURS	STARTS	ENDS	COURSE PRICE	Special discounts before
PERSONAL TRAINING New & Update!							
Certified Personal Trainer - Thai (PT Group 1/2024) *NEW	Sat	9 am - 4 pm	96	6-Jan-24	25-May-24	41,950	22-Dec-23
Certified Personal Trainer - Thai (PT Group 2/2024) *NEW	Mon&Wed	9 am - 4 pm	96	8-Jan-24	6-Mar-24	41,950	25-Dec-23
Certified Personal Trainer - Thai (PT Group 3/2024) *NEW	Tue&Thu	9 am - 4 pm	96	9-Jan-24	5-Mar-24	41,950	26-Dec-23
Certified Personal Trainer - Thai (PT Group 4/2024) *NEW	Sun	9 am - 4 pm	96	21-Jan-24	16-Jun-24	41,950	7-Jan-24
Certified Personal Trainer - Thai (PT Group 5/2024) *NEW	Mon&Wed&Fri	9 am - 12 pm	96	22-Jan-24	12-Apr-24	41,950	8-Jan-24
Certified Personal Trainer - Thai (PT Group 6/2024) *NEW	Tue&Thu	9 am - 12 pm	96	30-Jan-24	28-May-24	41,950	16-Jan-24
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 3 weeks Thai (IPT Group 1/2024) *NEW	Mon-Fri	9 am - 4 pm	78+6	1-Jul-24	20-Jul-24	40,850	1-Jun-24
SPORT CONDITIONING							
Certified Strength and Conditioning Specialist-Thai (Exclude NSCA-CSCS textbook) English Exam *NEW	Fri	9 am - 4 pm	72	26-Jan-24	26-Apr-24	41,200	12-Jan-24
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 Certification Preparation Course (Eng) (Exclude ACE Health Coach textbook)							
1. Health Coaching Skills Workshop(Thai) (2days)	TBD	9 am - 4 pm	12	TBD	TBD	7,800	TBD
2. Health Behavior Change Workshop(Thai) (3days) *NEW	TBD	9 am - 4 pm	18	TBD	TBD	11,700	TBD
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 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	Full
Balanced Body Reformer Pilates Instructor Training G2/2024- Thai by Sugulaya(prerequisite = Movement Principle)	Wed	9 am - 4 pm	72	17-Jan-24	10-Apr-24	84,200	6-Jan-24
Balanced Body Mat Pilates Instructor Training G1/2024 - Thai by Apittiya (prerequisite = Movement Principle)	Thu	9 am - 4 pm	54	18-Jan-24	14-Mar-24	52,400	Full
Balanced Body Mat Pilates Instructor Training G2/2024 - Thai by Sugulaya (prerequisite = Movement Principle)	Sat & Sun	9 am - 4 pm	54	20-Jan-24	2-Mar-24	52,400	3-Jan-24
Balanced Body Pilates Apparatus Instructor Training G1/2024 - Thai by Apittiya	Sat & Sun	9 am - 4 pm	60	3-Feb-24	10-Mar-24	78,300	Full
Balanced Body Reformer Pilates Instructor Training G1/2024- Thai by Apittiya(prerequisite = Movement Principle)	Tue	9 am - 4 pm	72	6-Feb-24	7-May-24	84,200	Full
Balanced Body Pilates Apparatus Instructor Training G2/2024 - Thai by Sugulaya	Thu	9 am - 4 pm	60	8-Feb-24	18-Apr-24	78,300	25-Jan-24
Balanced Body Reformer Pilates Instructor Training G3/2024- Thai by Sugulaya(prerequisite = Movement Principle)	Sat & Sun	9 am - 4 pm	72	16-Mar-24	18-May-24	84,200	2-Mar-24
2023-2024 CONTINUING EDUCATION COURSES for Fitness Professionals							
November							
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	-
Fit® Fitness Nutrition Specialist - Thai by Wiradech	Fri & Sat	9 am - 4 pm	1.2	24-Nov	25-Nov	9,400	10-Nov-23
Fit® Golf Fitness Workshop - Thai by Vatin *NEW	Sat & Sun	9 am - 5 pm	0	25-Nov	26-Nov	8,300	11-Nov-23
Partner Stretching Workshop - Thai by Kru Jimmy (WORKSHOP for general public)	Wed	9 am - 12 pm	0	29-Nov	29-Nov	2,600	15-Nov-23
December							
Fit® Senior Fitness Specialist - Thai by Atikarn	Thu-Fri	9 am - 4 pm	1.2	14-Dec	15-Dec	9,400	Full
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							
Programing for Maximum Strength and Hypertrophy - Thai by Wongsatorn	Sun	9.30 am - 3.30 pm	0.5	14-Jan	14-Jan	6,850	31-Dec-23
Fit® Pilates Anatomy by Apittiya include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger	Fri	9 am - 4 pm	0	19-Jan	26-Jan	9,900	15-Jan-24
Coaching Cues for 7 Fundamental Movement-Thai by Tham	Sat	9 am - 4 pm	0	27-Jan	27-Jan	4,900	13-Oct-23
February 2024							
Running Fundamental - Thai by Atikarn & Thanakorn (WORKSHOP for general public-NEW!!)	Fri & Sat	9 am - 4 pm	12	17-Feb	18-Feb	6,200	4-Feb-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	18,900	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
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*	DAYS & TIMES	TIME	Class Hours	STARTS	ENDS	COURSE PRICE	Special discounts before
	1 Day	9 am - 4 pm	6	TBD	TBD	4,100	TBD
BASIC LIFE SUPPORT (CPR, AED, Choking)							
	DAY	TIME	Class Hours			COURSE PRICE	Special discounts before
MORNING sessions:19 Nov(PT11), 7 Dec(PT23), 14,24,25Jan(PT19,22,21),3Feb(PT20), 5,6Mar(PT3,2), 10Apr(PT5),23,25 May(PT6,1),16Jun(PT4)	1 Day	9am - 12pm	3	TBD	TBD	2,600	2 weeks before
AFTERNOON sessions: 10,16Jan(PT24,18)	1 Day	9am - 12pm	3	TBD	TBD	2,600	2 weeks before

ขยายเวลาโปร 11 วัน 11 ลุ้น
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EDUCATING & EMPOWERING FITNESS PROFESSIONALS



โรงเรียนกีฬาจังหวัดชลบุรี

โรงเรียนกีฬาจังหวัดชลบุรี