



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 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® 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							
Cebin crew to FIT pro - Thai by Taks (WORKSHOP for general public) *New	Tue	1 pm - 4 pm	0	12-Dec-23	12-Dec-23	500	Promotion: PAY only 800 THB for 2 workshops
TRX Program design - Thai by Paveena (WORKSHOP for general public) *New	Wed	9 am - 12 pm	0	13-Dec-23	13-Dec-23	500	
Taichi for fall prevention - Thai by Thana (WORKSHOP for general public) *New	Wed	1 pm - 4 pm	0	13-Dec-23	13-Dec-23	500	
How to Win Your Client - Thai by Panuwat (WORKSHOP for general public) *New	Thu	9 am - 12 pm	0	14-Dec-23	14-Dec-23	500	
Exclusive Fitness Interview with NATTHEW - Thai by Matthew (WORKSHOP for general public) *New	Thu	1 pm - 4 pm	0	14-Dec-23	14-Dec-23	500	
Fitness professional career path - Eng by Suzanne (WORKSHOP for general public) *New	Fri	1 pm - 4 pm	0	15-Dec-23	15-Dec-23	500	
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 pm - 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
Rocktape for knee - Thai by Pimruk (WORKSHOP for general public) - *New	Mon	1 pm - 4 pm	0	18-Dec-23	18-Dec-23	500	Promotion: PAY only 800 THB for 2 workshops
How to become a strength and conditioning coach - Thai by Warut & Isara (WORKSHOP for general public) *New	Tue	1 pm - 4 pm	0	19-Dec-23	19-Dec-23	500	
Road to become Gx instructor - Thai by Panuwat & Patiparn (WORKSHOP for general public) *New	Wed	1 pm - 4 pm	0	20-Dec-23	20-Dec-23	500	
Nutrition for recovery - Thai by Kriyot (WORKSHOP for general public) *New	Thu	1 pm - 4 pm	0	21-Dec-23	21-Dec-23	500	
Creating connections using the magic circle and small weights - Thai by Pen (WORKSHOP for general public) *New	Fri	9 am - 12 pm	0	22-Dec-23	22-Dec-23	500	
Gentle Yoga for Office Syndrome - Thai by Yuttana (WORKSHOP for general public) *New	Fri	1 pm - 4 pm	0	22-Dec-23	22-Dec-23	500	
January 2024							
Fit® Weight Loss Specialist - Thai by Wiradech	Fri & Sat	9 am - 4 pm	1.2	12-Jan	13-Jan	9,400	29-Dec-23
Sport massage - Thai by Pimruk & team	Sat & Sun	9 am - 4 pm	0	13-Jan	14-Jan	7,900	30-Dec-23
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
Weight Training 101-Thai by Durongkorn (WORKSHOP for general public)	Fri	9 am - 4 pm	0	26-Jan	26-Jan	4,900	12-Jan-24
Coaching Cues for 7 Fundamental Movement-Thai by Tham	Sat	9 am - 4 pm	0	27-Jan	27-Jan	4,900	13-Jan-24
Fit® Women Fitness Essentials - Thai by Atikarn	Mon	9 am - 4 pm	0.6	29-Jan	29-Jan	5,200	15-Jan-24
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
Fit® Training Clients with Lower Back Pain - Thai by Sompat	Mon&Wed	9 am - 12 pm	0.6	19-Feb	21-Feb	5,200	5-Feb-24
March 2024							
Fit® Pre & Post RehabTraining - Thai by Sompat	Tue	9 am - 4 pm	0.6	12-Mar	12-Mar	5,200	27-Feb-24
Weight Training 101-Thai by Durongkorn (WORKSHOP for general public)	Thu	9 am - 4 pm	0	14-Mar	14-Mar	4,900	29-Feb-24
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



COURSE SCHEDULE

ตารางอบรมหลักสูตรประกาศนียบัตรฯและหลักสูตรต่อเนื่องระยะสั้น

EDUCATING & EMPOWERING FITNESS PROFESSIONALS



ONLINE AND HYBRID COURSES	Duration			STARTS	ENDS	COURSE PRICE	Special discounts before
Anatomy 101	" 3 hours ONLINE via Teachable "			when apply	within 1 year	959	
WORKSHOPS for General Public	DAYS & TIMES	TIME	Class Hours	STARTS	ENDS	COURSE PRICE	Special discounts before
Healthy Eating Essentials - Thai by Atikarn <i>NEW *For General Public only*</i>	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



เตรียมพบกับประสบการณ์สุดพิเศษ พร้อมรับปี 2567

LET'S GET READY FOR THE YEAR

ARE YOU READY TO ROCK THE YEAR 2024?

2024

DECEMBER 12-22, 2023
at FIT Thailand

12 กิจกรรมเวิร์กชอป กับ วิทยากรพิเศษ เพื่อจุดประกายและสร้างแรงบันดาลใจให้ใครหลาย ๆ คน
COME ON OVER and JOIN US for a series of **12 WORKSHOPS**

ราคาสุดพิเศษ เพียง **500 บาทต่อเวิร์กชอป** หรือ **800 บาท สำหรับ 2 เวิร์กชอป**

ลงทะเบียนผ่าน LINE OA พิมพ์ @fit.thailand สอบถามรายละเอียด 02 650 9242, 02 650 8282