



COURSE SCHEDULE UPDATE

ตารางอบรมหลักสูตรประกาศนียบัตรวิชาชีพและหลักสูตรต่อเนื่องระยะสั้น

EDUCATING & EMPOWERING FITNESS PROFESSIONALS



2024 CERTIFICATION COURSES		DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	SPECIAL PROMO	EARLY BIRD ENDS
PERSONAL TRAINER CERTIFICATION									
Certified Personal Trainer - Thai (PT Group 18/2024)	New date!	Mon & Wed	9 am - 4 pm	96	19-Aug-24	4-Nov-24	44,000		5-Aug-24
Certified Personal Trainer - Thai (PT Group 19/2024)	New date!	Tue & Thu	9 am - 4 pm	96	17-Sep-24	14-Nov-24	44,000		3-Sep-24
Certified Personal Trainer - Thai (PT Group 20/2024)	New date!	Tue & Thu	9 am - 4 pm	96	29-Oct-24	14-Jan-25	44,000		15-Oct-24
Certified Personal Trainer - Thai (PT Group 2 CNX/2024)	Limited space! <i>at Lion Fitness, Chiang Mai</i>	Fri, Sat, Sun	9 am - 4 pm	96	1-Nov-24	1-Dec-24	44,000		18-Oct-24
Certified Personal Trainer - Eng (EPT Group 2/2024)	English Programme!	MWF-AM	9 am - 12 pm	96	2-Sep-24	27-Nov-24	44,000		19-Aug-24
<i>Remark: ACE Personal Trainer Exam Preparation Course</i>									
GROUP FITNESS									
AFAA International Certified Group Fitness Instructor (Thai)	Special offers! 20% discount for limited time	Mon	9 am - 4 pm	30	4-Nov-24	16-Dec-24	28,000		21-Oct-24
YOGA									
200-hour Hatha Vinyasa Yoga Teacher Certification - Thai by Kru Jimmy	NEW & IMPROVED!	Thu-Sun	9am - 4 pm	200	6-Feb-25	18-May-25	69,000		23-Jan-24
PILATES INSTRUCTOR TRAINING : Bangkok location at FIT Thailand									
Balanced Body® Movement Principle G6/2024 - Thai by Apittiya		Wed	9 am - 4 pm	18	11-Sep-24	25-Sep-24	17,000		Full
Balanced Body® Movement Principle G11/2024 - Thai by Sugulaya	New date!	Sun	9 am - 4 pm	18	15-Sep-24	29-Sep-24	17,000		1-Sep-24
Balanced Body® Movement Principle G9/2024 - Thai by Apittiya		Tue	9 am - 4 pm	18	1-Oct-24	15-Oct-24	17,000		17-Sep-24
Balanced Body® Mat Pilates Instructor Training G.4/2024 - Thai by Apittiya		Wed	9 am - 4 pm	54	22-Oct-24	28-Jan-25	55,000		Full
<i>(A prerequisite : Movement Principle)</i>									
Balanced Body® Movement Principle G10/2024 - Thai by Apittiya		Fri-Sun	9 am - 4 pm	18	15-Nov-24	17-Nov-24	17,000		Full
Balanced Body® Pilates Apparatus Instructor Training G5.1/2024 - Thai by Sugulaya		Sat&Sun	9 am - 6 pm	60	2-Nov-24	1-Dec-24	78,300		Full
Balanced Body® Reformer Pilates Instructor Training G6/2024 - Thai by Sugulaya		Thu	9 am - 4 pm*	72	7-Nov-24	13-Feb-25	88,400		Full
<i>(A prerequisite : Movement Principle)</i>									
Balanced Body® Pilates Apparatus Instructor Training 1/2025 - Thai Apittiya	New date!	Sat	9 am - 6 pm	60	18-Jan-25	22-Mar-25	78,300		4-Jan-25
Balanced Body® Reformer Pilates Instructor Training G6/2024 - Thai Apittiya		Tue	9 am - 4 pm*	72	4-Feb-25	29-Apr-25	88,400		Full
<i>(A prerequisite : Movement Principle)</i>									
PILATES INSTRUCTOR TRAINING : Chiang Mai location at Chu Pilates									
Balanced Body® Movement Principle G.CNX3/2024 - Thai by Chutima.		Sat & Sun	9 am - 4 pm	18	10-Aug-24	12-Aug-24	17,000		Full
Balanced Body® Movement Principle G.CNX4/2024 - Thai by Chutima.	NEW!	Sat - Mon	9 am - 4 pm	18	12-Oct-24	14-Oct-24	17,000		Full
Balanced Body® Reformer Pilates Instructor Training G.CNX1/2024 - Thai by Chutima.		Sat & Sun	9 am - 4 pm	72	24-Aug-24	29-Sep-24	88,400		Full
<i>(A prerequisite : Movement Principle)</i>									
Balanced Body® Reformer Pilates Instructor Training G.CNX2/2024 - Thai by Chutima.	NEW!	Sat - Mon	9 am - 6 pm	72	26-Oct-24	23-Dec-24	88,400		12-Oct-24
<i>(A prerequisite : Movement Principle)</i>									
Balanced Body® Mat Pilates Instructor Training G.CNX2/2024 - Thai by Chutima.	NEW!	Sat-Mon/Fri-Mon	9 am - 6 pm	54	9-Nov-24	9-Dec-24	55,000		26-Oct-24
<i>(A prerequisite : Movement Principle)</i>									
ASIA FITNESS CONFERENCE : AFC 2024 (18 - 20 October 2024 at BITEC, Bangna, Bangkok)									
AFC 2024 : 3-DAY PASS	*Recommended *	Fri , Sat , Sun	7:30 am - 5:30 pm	max. 161	18-Oct	20-Oct	15,900		14,700
AFC 2024 : 2-DAY PASS		Sat , Sun	7:30 am - 5:30 pm	max. 100	19-Oct	20-Oct	11,900		12,500
AFC 2024 : 1-DAY PASS		Friday	7:30 am - 5:30 pm	max. 50	18-Oct	18-Oct	10,900		9,500
<i>SPECIAL OFFERS : FIT Thailand students and graduates are entitled to a 10% discount on the AFC price. Call us at 02 650 9242 for the PROMO code. To find out more, please visit our website at www.asiafitconference.com</i>									
POST-CONFERENCE SESSIONS : AFC 2024 (Monday, 21st October 2024)									
Session 401 : How to Programme for Beginner Clients with Nick Tumminello		Monday	9 am - 4 pm	ACE, NASM	21-Oct	21-Oct	11,100		9,250
Session 402 : Fitness Business Scaling Secrets with CJ Lee		Monday	9 am - 4 pm	-	21-Oct	21-Oct	7,400		5,555
Session 403 : YBELL Coaching Course TRX with Aaron Laurence	Limited space!	Monday	9 am - 4 pm	ACE, NASM, AFAA	21-Oct	21-Oct	11,100		n/a
Session 404 : ZUMBA Basic Level 1 with Monthira Lerat and Marina Subhananta	Limited space!	Monday	9 am - 4 pm	ACE, NASM, AFAA	21-Oct	21-Oct	4,200		n/a
AUGUST									
Fit* Weight Loss Specialist - Thai in Phuket by Kriyot	NEW!	Sat & Sun	9 am - 4 pm	1.2	10-Aug	11-Aug	9,400		-
Fit* Fitness Nutrition Specialist - English by Suzanne		Sat & Sun	9 am - 4 pm	1.2	17-Aug	18-Aug	9,400		-
Weight Training program for success - Thai by Phasit (WORKSHOP for Weight Training Practitioner)		Sun	9 am - 4 pm	0	18-Aug	18-Aug	4,900	12% OFF	4-Aug-24
Fit* Pre & Post Rehab Training - Thai by Sompat		Mon	9 am - 4 pm	0.6	19-Aug	19-Aug	5,200	12% OFF	5-Aug-24
Fit* Golf Fitness Workshop - Thai by Vatin		Sat & Sun	9 am - 5 pm	0	24-Aug	25-Aug	8,300		10-Aug-24
Fit* Training Pregnant & Post-Partum Clients - Thai by Sugulaya		Sun	9 am - 4 pm	0.6	25-Aug	25-Aug	5,200	12% OFF	11-Aug-24
Fit* Senior Fitness Specialist - Thai by Atikarn		Tue-Wed	9 am - 4 pm	1.2	27-Aug	28-Aug	9,400		13-Aug-24
Balanced Body MOTR Instructor Training Comprehensive - Thai by Sugulaya		Fri-Sun	9 am - 4 pm	1.6	30-Aug	1-Sep	26,400		16-Aug-24
Fit* Sports Nutrition in Practice - Thai by Kriyot.	NEW!	Sat	9 am - 5 pm	0.7	31-Aug	31-Aug	6,100		17-Aug-24
SEPTEMBER									
Partner Stretching Workshop - Thai by Kru Jimmy (WORKSHOP for general public)	Recommended!	Tue	1 pm - 4 pm	0	2-Sep	2-Sep	2,600		18-Aug-24
Balanced Body Anatomy in Three Dimensions Instructor Training - Thai by Apittiya		Wed-Fri	9 am - 4 pm	1.6	4-Sep	6-Sep	18,900		21-Aug-24
Programming for Maximum Strength and Hypertrophy - Thai by Wongsatorn	NEW!	Sat	9.30 am - 3.30 pm	0.5	7-Sep	7-Sep	6,850		24-Aug-24
Fit* Training Clients with Lower Back Pain - Thai by Sompat		Tue	9 am - 4 pm	0.6	10-Sep	10-Sep	5,200		27-Aug-24
Barbell Basics - Thai by Wongsatorn		Sat	1 pm - 4 pm	0.3	21-Sep	21-Sep	4,100	12% OFF	7-Sep-24
Fit* Youth Exercise Essentials - Thai by Kittinan		Mon	9 am - 4 pm	0.6	23-Sep	23-Sep	5,200		9-Sep-24
Fit* Fitness Nutrition Specialist - Thai by Wiradech		Wed&Thu	9 am - 4 pm	1.2	25-Sep	26-Sep	9,400	12% OFF	12-Sep-24
Weight Training 101-Thai by Durongkorn (WORKSHOP for general public-NEW!!)		Sat	9 am - 4 pm	0	28-Sep	28-Sep	4,900		14-Sep-24
OCTOBER									
Fit* Women Fitness Essentials - Thai by Atikarn		Tue	9 am - 4 pm	0.6	8-Oct	8-Oct	5,200	12% OFF	24-Sep-24
Sports Massage - Thai by Pimruk & Newton EM Physiology Team	NEW!	Sun & Mon	9 am - 4 pm	0	27-Oct	28-Oct	7,900		13-Oct-24
Fit* Pilates Anatomy by Apittiya (include Pilates Anatomy book by Raet Isacowitz/Karen Clippinger)		Wed&Thu	9 am - 4 pm	0	30-Oct	31-Oct	9,900		16-Oct-24
NOVEMBER									
Balanced Body® CoreAlign Instructor Training 1 - Thai by Apittiya (exclude manual fee 2,800 THB)		Fri-Sun	9 am - 4 pm	1.6	8-Nov	10-Nov	22,300		25-Oct-24
Coaching Cues for 7 Fundamental Movements by Tham Thaiyanont	NEW!	Sat	9 am - 4 pm	n/a	9-Nov	9-Nov	4,900		26-Oct-24
TWIST Functional Training 101 by Coach Farn Sitraitratana		Sat & Sun	9 am - 5 pm	1.2	30-Nov	1-Dec	9,500		16-Nov-24
Fit* Senior Fitness Specialist - Thai by Atikarn		Sat-Sun	9 am - 4 pm	1.2	23-Nov	24-Nov	9,400		9-Nov-24
ONLINE AND HYBRID COURSES									
Anatomy 101 (Thai Programme)		Teachable		3	when apply	within 1 year	959		-
Intro to Health Coaching (English Programme)		" 3 hours ONLINE via Teachable "			when apply	within 1 year	919		-
Intro to Health Coaching (English Programme)		" 3 hours ONLINE via Teachable "			when apply	within 1 year	919		-
WORKSHOPS for General Publics									
Healthy Eating Essentials - Thai by Atikarn	* For General Public only *	1 Day	9 am - 4 pm	6	TBD	TBD	4,100		TBD
BASIC LIFE SUPPORT (CPR , AED AND CHOKING)									
MORNING sessions: 14 Aug (PT15), 15 Sep (PT7), 2 Nov (PT12), 17 Nov (PT13), 25 Nov (EPT), 16 Dec (PT17)		1 Day	9 am - 12 pm	3			2,600		2 weeks before
AFTERNOON sessions:		1 Day	9 am - 12 pm	3			2,600		2 weeks before

UPDATED : August 10, 2024

LEADING WELLNESS THROUGH LIFESTYLE TRANSFORMATION 18-20 OCTOBER 2024

1 DAY PASS บัตรประเภท 1 วัน

18 OCTOBER 2024

ENJOY A SPECIAL PRICE FOR A LIMITED TIME ONLY.

9,500 SPECIAL RATE EXPIRES: 30 SEP 2024

10,300 ONSITE RATE 1 OCT 2024 ONWARDS

LEADING WELLNESS THROUGH LIFESTYLE TRANSFORMATION 18-20 OCTOBER 2024

2 DAY PASS บัตรประเภท 2 วัน

19-20 OCTOBER 2024

ENJOY A SPECIAL PRICE FOR A LIMITED TIME ONLY.

12,500 SPECIAL RATE EXPIRES: 30 SEP 2024

13,300 ONSITE RATE 1 OCT 2024 ONWARDS

LEADING WELLNESS THROUGH LIFESTYLE TRANSFORMATION 18-20 OCTOBER 2024

3 DAY PASS บัตรประเภท 3 วัน

18-20 OCTOBER 2024

ENJOY A SPECIAL PRICE FOR A LIMITED TIME ONLY.

14,700 SPECIAL RATE EXPIRES: 30 SEP 2024

15,900 ONSITE RATE 1 OCT 2024 ONWARDS

MOTHER'S WEEK PROMOTION

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FOR LIMITED TIME! 10 - 17 AUGUST 2024

* Selected items only

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