



# COURSE SCHEDULE UPDATE

ตารางอบรมหลักสูตรประกาศนียบัตรวิชาชีพและหลักสูตรต่อเนื่องระยะสั้น

EDUCATING & EMPOWERING FITNESS PROFESSIONALS



| 2024 CERTIFICATION COURSES  | DAYS            | TIME                     | DURATION        | STARTS    | ENDS      | REGULAR RATE | EARLY BIRD ENDS |
|---|-----------------|--------------------------|-----------------|-----------|-----------|--------------|-----------------|
| <b>PERSONAL TRAINER CERTIFICATION</b>   |                 |                          |                 |           |           |              |                 |
| Certified Personal Trainer - Thai (PT Group 20/2024)  | 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) <b>Limited space!</b> at <i>Lion Fitness, Chiang Mai</i>  | Fri, Sat, Sun   | 9 am - 4 pm              | 96              | 01-Nov-24 | 01-Dec-24 | 44,000       | 18-Oct-24       |
| Certified Personal Trainer - Thai (PT Group 1/2025)   | Sun             | 9 am - 4 pm              | 96              | 05-Jan-25 | 25-May-25 | 44,000       | 22-Dec-24       |
| Certified Personal Trainer - Thai (PT Group 2/2025)   | Mon,Wed         | 9 am - 4 pm              | 96              | 06-Jan-25 | 05-Mar-25 | 44,000       | 23-Dec-24       |
| Certified Personal Trainer - Thai (PT Group 3/2025)   | Tue & Thu       | 1 pm - 4 pm              | 96              | 07-Jan-25 | 08-May-25 | 44,000       | 24-Dec-24       |
| Certified Personal Trainer - Thai (PT Group 4/2025)   | Mon,Wed,Fri     | 9 am - 12 pm             | 96              | 13-Jan-25 | 04-Apr-25 | 44,000       | 30-Dec-24       |
| Certified Personal Trainer - Thai (PT Group 1 Phuket/2025) <b>Limited space!</b> at <i>Alpha Health Club , Phuket</i>   | Fri, Sat, Sun   | 9 am - 4 pm              | 84              | 17-Jan-25 | 23-Feb-25 | 44,000       | 3-Jan-25        |
| Certified Personal Trainer - Thai (PT Group 5/2025)   | Tue & Thu       | 9 am - 4 pm              | 96              | 21-Jan-25 | 18-Mar-25 | 44,000       | 7-Jan-25        |
| Certified Personal Trainer - Thai (PT Group 6/2025)   | Sat             | 9 am - 4 pm              | 96              | 25-Jan-25 | 14-Jun-25 | 44,000       | 11-Jan-25       |
| Certified Personal Trainer - Intensive 3 weeks - Eng (EPT Group 1/2025)   | Mon-Fri         | 9 am - 4 pm              | 78+6            | 10-Feb-25 | 28-Feb-25 | 42,900       | 27-Jan-25       |
| Certified Personal Trainer - Intensive 3 weeks - Thai (IPT Group 1/2025)  | Mon-Fri         | 9 am - 4 pm              | 84              | 10-Mar-25 | 29-Mar-25 | 42,900       | 24-Feb-25       |
| <i>Remark: ACE Personal Trainer Exam Preparation Course</i>   |                 |                          |                 |           |           |              |                 |
| <b>SPORT CONDITIONING</b>   |                 |                          |                 |           |           |              |                 |
| Certified Strength and Conditioning Specialist-Thai (Exclude NSCA-CSCS textbook) <b>NEW!</b>  | Sun             | 10 am - 5 pm             | 72              | 02-Feb-25 | 25-May-25 | 43,300       | 19-Jan-25       |
| <b>GROUP FITNESS</b>  |                 |                          |                 |           |           |              |                 |
| AFAA International Certified Group Fitness Instructor (Thai) <b>Special offers! 20% discount for limited time</b>   | Mon             | 9 am - 4 pm              | 30              | 04-Nov-24 | 16-Dec-24 | 28,000       | 21-Oct-24       |
| <b>YOGA</b>   |                 |                          |                 |           |           |              |                 |
| 200 hours Hatha Vinyasa Yoga Teacher Training - Thai by Kru Jimmy <b>New &amp; Improve!</b> <b>NEW!</b>   | Thu-Sun         | 9am - 4 pm               | 200             | 06-Feb-25 | 18-May-25 | 69,000       | 23-Jan-25       |
| <b>PILATES INSTRUCTOR TRAINING : Bangkok location at FIT Thailand</b>   |                 |                          |                 |           |           |              |                 |
| Balanced Body® Movement Principle G9/2024 - Thai by Apittiya  | Tue             | 9 am - 4 pm              | 18              | 01-Oct-24 | 15-Oct-24 | 17,000       | Full            |
| Balanced Body® Mat Pilates Instructor Training G.4/2024 - Thai by Apittiya<br><i>(A prerequisite : Movement Principle)</i>  | Wed             | 9 am - 4 pm              | 54              | 22-Oct-24 | 28-Jan-25 | 55,000       | Full            |
| Balanced Body® Pilates Apparatus Instructor Training G5.1/2024 - Thai by Sugulaya<br><i>(A prerequisite : Movement Principle , Mat, Reformer)</i>   | Sat&Sun         | 9 am - 6 pm              | 60              | 02-Nov-24 | 01-Dec-24 | 78,300       | Full            |
| Balanced Body® Reformer Pilates Instructor Training G6/2024- Thai by Sugulaya<br><i>(A prerequisite : Movement Principle)</i>   | Thu             | 9 am - 4 pm*             | 72              | 07-Nov-24 | 13-Feb-25 | 88,400       | Full            |
| 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® Mat Pilates Instructor Training G.1/2025 - Thai by Sugulaya<br><i>(A prerequisite : Movement Principle)</i>  | Fri-Sun         | 9 am - 4 pm              | 54              | 10-Jan-25 | 16-Mar-25 | 55,000       | Full            |
| Balanced Body® Pilates Apparatus Instructor Training 1/2025 - Thai Apittiya<br><i>(A prerequisite : Movement Principle , Mat, Reformer)</i>   | Sat             | 9 am - 6 pm              | 60              | 18-Jan-25 | 22-Mar-25 | 78,300       | Full            |
| Balanced Body® Movement Principle G1/2025 - Thai by Apittiya  | Sun             | 9 am - 4 pm              | 18              | 19-Jan-25 | 02-Feb-25 | 17,000       | 05-Jan-25       |
| Balanced Body® Reformer Pilates Instructor Training G6/2024- Thai Apittiya<br><i>(A prerequisite : Movement Principle)</i>  | Tue             | 9 am - 4 pm*             | 72              | 04-Feb-25 | 29-Apr-25 | 88,400       | Full            |
| <b>PILATES INSTRUCTOR TRAINING : Chiang Mai location at Chu Pilates</b>   |                 |                          |                 |           |           |              |                 |
| Balanced Body® Movement Principle G.CNX4/2024 - Thai by Chutima.  | Sat - Mon       | 9 am - 4 pm              | 18              | 12-Oct-24 | 14-Oct-24 | 17,000       | Full            |
| Balanced Body® Reformer Pilates Instructor Training G.CNX2/2024- Thai by Chutima.<br><i>(A prerequisite : Movement Principle)</i>   | Sat - Mon       | 9 am - 6 pm              | 72              | 26-Oct-24 | 23-Dec-24 | 88,400       | 12-Oct-24       |
| Balanced Body® Movement Principle G.CNX4/2024 - Thai by Chutima.  | Sat & Sun       | 8 am - 6 pm              | 18              | 02-Nov-24 | 03-Nov-24 | 17,000       | 19-Oct-24       |
| Balanced Body® Mat Pilates Instructor Training G.CNX2/2024 - Thai by Chutima.<br><i>(A prerequisite : Movement Principle)</i> <b>NEW!</b>   | Sat-Mon/Fri-Mon | 9 am - 6 pm              | 54              | 09-Nov-24 | 09-Dec-24 | 55,000       | 26-Oct-24       |
| <b>ASIA FITNESS CONFERENCE : AFC 2024</b><br>( 18 - 20 October 2024 at BITEC, Bangna, Bangkok )   |                 |                          |                 |           |           |              |                 |
| AFC 2024 : <b>3-DAY PASS</b> *Recommended*  | Fri, Sat, Sun   | 7:30 am - 5:30 pm        | max. 161        | 18-Oct    | 20-Oct    | 15,900       | 14,700          |
| AFC 2024 : <b>2-DAY PASS</b>  | Sat, Sun        | 7:30 am - 5:30 pm        | max. 100        | 19-Oct    | 20-Oct    | 11,000       | 12,500          |
| AFC 2024 : <b>1-DAY PASS</b>  | Friday          | 7:30 am - 5:30 pm        | max. 50         | 18-Oct    | 18-Oct    | 10,300       | 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> |                 |                          |                 |           |           |              |                 |
| <b>POST-CONFERENCE SESSIONS : AFC 2024</b><br>( 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 <b>Limited space!</b>   | Monday          | 9 am - 4 pm              | ACE, NASM, AFAA | 21-Oct    | 21-Oct    | 11,100       | -               |
| Session 404 : ZUMBA Basic Level 1 with Monthira Lerat and Marina Subhananta <b>Limited space!</b>   | Monday          | 9 am - 4 pm              | ACE, NASM, AFAA | 21-Oct    | 21-Oct    | 4,200        | -               |
| <b>SEPTEMBER</b>  |                 |                          |                 |           |           |              |                 |
| Weight Training 101-Thai by Durongkorn ( <b>WORKSHOP for general public-NEW!!</b> )   | Sat             | 9 am - 4 pm              | 0               | 28-Sep    | 28-Sep    | 4,900        | Full            |
| Fit® Sports Nutrition in Practice - Thai by Kriyot <b>NEW!</b>  | Sun             | 9 am - 5 pm              | 0.7             | 29-Sep    | 29-Sep    | 6,100        | 15-Sep-24       |
| <b>OCTOBER</b>  |                 |                          |                 |           |           |              |                 |
| Olympic Weightlifting Seminar (Thai) by Iron Hive <b>NEW!</b>   | Sat & Sun       | 9 am - 4 pm/12 pm - 6 pm | 1.2             | 5-Oct     | 6-Oct     | 8,900        | 21-Sep-24       |
| Fit® Women Fitness Essentials - Thai by Atikarn   | Tue             | 9 am - 4 pm              | 0.6             | 8-Oct     | 8-Oct     | 5,200        | Full            |
| Fit® Weight Loss Specialist - Thai by Wiradech  | Fri&Sat         | 9 am - 4 pm              | 1.2             | 25-Oct    | 26-Oct    | 9,400        | 11-Oct-24       |
| Sports Massage - Thai by Pimruk & Newton EM Physiology Team   | Sun & Mon       | 9 am - 4 pm              | 0               | 27-Oct    | 28-Oct    | 7,900        | Full            |
| Fit® Pilates Anatomy by Apittiya (include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger)  | Wed&Thu         | 9 am - 4 pm              | 0               | 30-Oct    | 31-Oct    | 9,900        | Full            |



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EDUCATING & EMPOWERING FITNESS PROFESSIONALS



| 2024 CERTIFICATION COURSES  | DAYS                             | TIME              | DURATION | STARTS     | ENDS          | REGULAR RATE | EARLY BIRD ENDS |
|---|----------------------------------|-------------------|----------|------------|---------------|--------------|-----------------|
| <b>NOVEMBER</b>   |                                  |                   |          |            |               |              |                 |
| Partner Stretching Workshop - Thai by Kru Jimmy (WORKSHOP for general public) <b>Recommended!</b>   | Wed                              | 1 pm - 4 pm       | 0        | 6-Nov      | 6-Nov         | 2,600        | 23-Oct-24       |
| 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 <b>NEW!</b>  | Sat                              | 9 am - 4 pm       | 0        | 9-Nov      | 9-Nov         | 4,900        | 26-Oct-24       |
| Programming for Maximum Strength and Hypertrophy - Thai by Wongsatorn <b>NEW!</b>   | Sat                              | 9.30 am - 3.30 pm | 0.5      | 16-Nov     | 17-Nov        | 6,850        | 2-Nov-24        |
| Fit® Pre & Post Rehab Training - Thai by Sompat   | Tue                              | 9 am - 4 pm       | 0.6      | 19-Nov     | 19-Nov        | 5,200        | 5-Nov-24        |
| Fit® Youth Exercise Essentials - Thai by Kittinan <b>NEW!</b>   | Fri                              | 9 am - 4 pm       | 0.6      | 22-Nov     | 23-Nov        | 5,200        | 8-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        |
| Sports Massage - Thai by Pimruk & Newton EM Physiology Team   | Sat-Sun                          | 9 am - 4 pm       | 0        | 23-Nov     | 24-Nov        | 7,900        | 9-Nov-24        |
| TWIST Functional Training 101 by Coach Farn Srirairatana <b>NEW!</b>  | Sat & Sun                        | 9 am - 5 pm       | 1.2      | 30-Nov     | 1-Dec         | 9,500        | 16-Nov-24       |
| <b>DECEMBER</b>   |                                  |                   |          |            |               |              |                 |
| Fit® Weight Loss Specialist - Thai by Kriyot at Lion Fitness, Chiang Mai <b>NEW!</b>  | Sat-Sun                          | 9 am - 4 pm       | 1.2      | 7-Dec      | 8-Dec         | 9,400        | 23-Nov-24       |
| <b>ONLINE AND HYBRID COURSES</b>  |                                  |                   |          |            |               |              |                 |
| 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          | -               |
| <b>WORKSHOPS for General Publics</b>  |                                  |                   |          |            |               |              |                 |
| Healthy Eating Essentials - Thai by Atikarn *For General Public only*   | 1 Day                            | 9 am - 4 pm       | 6        | TBD        | TBD           | 4,100        | TBD             |
| <b>BASIC LIFE SUPPORT ( CPR , AED AND CHOKING )</b>   |                                  |                   |          |            |               |              |                 |
| <b>MORNING sessions:</b> 15 Sep (PT7) , 24 Sep (PT16) , 2 Nov (PT12) , 4 Nov (PT18) , 14 Nov (PT19) , 17 Nov (PT13) , 25 Nov (EPT) , 16 Dec (PT17) , 14 Jan 25 (PT20) | 1 Day                            | 9 am - 12 pm      | 3        |            |               | 2,600        | 2 weeks before  |
| <b>AFTERNOON sessions:</b> 29 Nov (Chiangmai)   | 1 Day                            | 9 am - 12 pm      | 3        |            |               | 2,600        | 2 weeks before  |
| <b>UPDATED :</b>  |                                  |                   |          |            |               |              | 25-Sep-24       |

## LEADING WELLNESS THROUGH LIFESTYLE TRANSFORMATION

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**3 DAY PASS** 18-20 OCTOBER 2024  
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