



# COURSE SCHEDULE UPDATES!

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 2 CNX/2024) <b>Limited space!</b> at <i>Lion Fitness, Chiang Mai</i>	Fri, Sat, Sun	9 am - 4 pm	96	1-Nov-24	1-Dec-24	44,000	Full
Certified Personal Trainer - Thai (PT Group 1/2025)	Sun	9 am - 4 pm	96	5-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	6-Jan-25	5-Mar-25	44,000	23-Dec-24
Certified Personal Trainer - Thai (PT Group 3/2025)	Tue & Thu	1 pm - 4 pm	96	7-Jan-25	8-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	4-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 group</b>	Sun	10 am - 5 pm	72	2-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	4-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; IMPROVED!</b>	Thu-Sun	9am - 4 pm	200	6-Feb-25	18-May-25	69,000	23-Jan-25
<b>PILATES INSTRUCTOR TRAINING : Bangkok location at FIT Thailand</b>							
Balanced Body® Pilates Apparatus Instructor Training G5.1/2024 - Thai by Sugulaya <i>(A prerequisite : Movement Principle , Mat, Reformer)</i>	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 <i>(A prerequisite : Movement Principle)</i>	Thu	9 am - 4 pm*	72	7-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 <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 <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	2-Feb-25	17,000	5-Jan-25
Balanced Body® Movement Principle G2/2025 - Thai by Apittiya <b>new group</b>	Fri	9 am - 4 pm	18	17-Jan-25	31-Jan-25	17,000	2-Jan-25
Balanced Body® Movement Principle G3/2025 - Thai by Apittiya <b>new group</b>	Tue	9 am - 4 pm	18	10-Jun-25	24-Jun-25	17,000	26-May-25
Balanced Body® Reformer Pilates Instructor Training G1/2025- Thai Apittiya <i>(A prerequisite : Movement Principle)</i>	Tue	9 am - 4 pm*	72	4-Feb-25	29-Apr-25	88,400	Full
Balanced Body® Reformer Pilates Instructor Training G2/2025- Thai Apittiya <i>(A prerequisite : Movement Principle)</i>	Sun	9 am - 4 pm*	72	9-Feb-25	8-Jun-25	88,400	Full
Balanced Body® Movement Principle G4/2025 - Thai by Sugulaya <b>new group</b>	Fri-Sun	9 am - 4 pm	18	28-Feb-25	2-Mar-25	17,000	14-Feb-25
Balanced Body® Mat Pilates Instructor Training G.2/2025 - Thai by Apittiya <b>new group</b> <i>(A prerequisite : Movement Principle)</i>	Tue	9 am - 4 pm	54	1-Jul-25	16-Sep-25	55,000	16-Jun-25
<b>PILATES INSTRUCTOR TRAINING : Chiang Mai location at Chu Pilates</b>							
Balanced Body® Movement Principle G.CNX4/2024 - Thai by Chutima. (เหลือเพียง 2 ที่สุดท้าย)	Sat & Sun	8 am - 6 pm	18	2-Nov-24	3-Nov-24	17,000	19-Oct-24
Balanced Body® Mat Pilates Instructor Training G.CNX2/2024 - Thai by Chutima. <b>new group</b> <i>(A prerequisite : Movement Principle)</i>	Sat-Mon/Fri-Mon	9 am - 6 pm	54	9-Nov-24	9-Dec-24	55,000	26-Oct-24
Balanced Body® Reformer Pilates Instructor Training G.CNX1/2025- Thai by Chutima. <i>(A prerequisite : Movement Principle)</i>	Sat - Mon	9 am - 6 pm	72	11-Jan-25	24-Feb-25	88,400	28-Dec-24
<b>NOVEMBER</b>							
Fit® Weight Loss Specialist - Thai by Wiradech	Fri&Sat	9 am - 4 pm	1.2	1-Nov	2-Nov	9,400	18-Oct-24
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	Full
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	1-Nov-24
Programming for Maximum Strength and Hypertrophy - Thai by Wongsatorn <b>new group</b>	Sat	9.30 am - 3.30 pm	0.5	16-Nov	16-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 group</b>	Fri	9 am - 4 pm	0.6	22-Nov	22-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	Full
Sports Massage - Thai by Pimruk & Newton EM Physiology Team	Sat-Sun	9 am - 4 pm	0	23-Nov	24-Nov	7,900	Full
TWIST Functional Training 101 by Coach Farn Sritrairatana <b>new group</b>	Sat & Sun	9 am - 5 pm	1.2	30-Nov	1-Dec	9,500	16-Nov-24
<b>DECEMBER</b>							
Barbell Basics - Thai by Wongsatorn <b>new group</b>	Sat	1 pm - 4 pm	0.3	14-Dec	14-Dec	4,100	23-Nov-24
Fit® Weight Loss Specialist - Thai by Kriyot at <i>Lion Fitness, Chiang Mai</i> . <b>new group</b>	Sat-Sun	9 am - 4 pm	1.2	7-Dec	8-Dec	9,400	23-Nov-24
Fit® Golf Fitness Workshop - Thai by Vatin at <i>Lion Fitness, Chiang Mai</i> . Enjoy up to 15% discount* <b>new group</b>	Fri&Sat	9 am - 5 pm	0	13-Dec	14-Dec	8,300	29-Nov-24
Fit® Strength and Power Exercises for Golfer - Thai by Vatin at <i>Lion Fitness, Chiang Mai</i> . Enjoy up to 15% discount <b>new group</b>	Sun	9 am - 4.30 pm	0	15-Dec	15-Dec	4,900	1-Dec-24
Fit® Training Pregnant & Post-Partum Clients - Thai by Sugulaya <b>new group</b>	Wed	9 am - 4 pm	0.6	18-Dec	18-Dec	5,200	4-Dec-24
<b>JANUARY 2025</b>							
Partner Stretching Workshop - Thai by Kru Jimmy (WORKSHOP for general public) <b>Recommended!</b>	Thu	1 pm - 4 pm	0	9-Jan	9-Jan	2,600	26-Dec-24
<b>FEBRUARY 2025</b>							
Fit® Pilates Anatomy by Apittiya (include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger)	Thu&Fri	9 am - 4 pm	0	20-Feb	21-Feb	9,900	5-Feb-25
Fit® Senior Fitness Specialist - Thai by Atikarn <b>new group</b>	Sat-Fri	9 am - 4 pm	1.2	1-Feb	2-Feb	9,400	18-Jan-25
<b>APRIL 2025</b>							
Balanced Body® Anatomy in 3D - Thai by Apittiya (exclude manual fee 2,600 THB)	Thu-Sat	9 am - 4 pm	1.6	3-Apr	5-Apr	18,900	5-Feb-25
<b>ONLINE AND HYBRID COURSES</b> <b>new group</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)	Teachable		2.5	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> 2 Nov(PT12) , 4 Nov (PT18) , 14 Nov (PT19) , 17 Nov(PT13) , 25Nov(EPT) , 1Dec(CNX) , 16Dec(PT17) , 14 Jan 25 (PT20)	1 Day	9 am - 12pm	3			2,600	2 weeks before
							<b>UPDATED :</b>
							30-Oct-24