



COURSE SCHEDULE UPDATE

ตารางอบรมหลักสูตรประกาศนียบัตรวิชาชีพและหลักสูตรต่อเนื่องระยะสั้น

EDUCATING AND EMPOWERING FITNESS PROFESSIONALS



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2025 CERTIFICATION COURSES		DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
PERSONAL TRAINER CERTIFICATION								
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	Full
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	Full
Certified Personal Trainer - Thai (PT Group 9/2025) new group		Mon&Wed	9 am - 4 pm	96	10-Mar-25	21-May-25	44,000	24-Feb-25
Certified Personal Trainer - Thai (PT Group 10/2025) new group		Tue&Thu	9 am - 4 pm	96	20-Mar-25	27-May-25	44,000	6-Mar-25
Certified Personal Trainer - Thai (PT Group 11/2025) new group		Mon,Wed,Fri	9 am - 12 pm	96	21-Apr-25	16-Jul-25	44,000	7-Apr-25
Certified Personal Trainer - Thai (PT Group 7/2025)		Sat	9 am - 4 pm	96	17-May-25	27-Sep-25	44,000	Full
Certified Personal Trainer - Thai (PT Group 12/2025) new group		Tue&Thu	1 pm - 4 pm	96	22-May-25	30-Sep-25	44,000	8-May-25
Certified Personal Trainer - Thai (PT Group 2 CNX/2025) <i>at Lion Fitness, Chiang Mai</i>		Fri, Sat, Sun	9 am - 4 pm	96	30-May-25	29-Jun-25	44,000	16-May-25
Certified Personal Trainer - Thai (PT Group 8/2025)		Sun	9 am - 4 pm	96	01-Jun-25	19-Oct-25	44,000	18-May-25
<i>Remark: ACE Personal Trainer Exam Preparation Course</i>								
PILATES INSTRUCTOR TRAINING : Bangkok location at FIT Thailand		DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
Balanced Body® Movement Principle G4/2025 - Thai by Sugulaya		Fri-Sun	9 am - 4 pm	18	28-Feb-25	02-Mar-25	17,000	14-Feb-25
Balanced Body® Movement Principle G3/2025 - Thai by Apittiya		Tue	9 am - 4 pm	18	10-Jun-25	24-Jun-25	17,000	27-May-25
Balanced Body® Mat Pilates Instructor Training G.4/2025 - Thai by Sugulaya new group		Sat&Sun	9 am - 4 pm	54	24-May-25	28-Jun-25	55,000	10-May-25
<i>(A prerequisite : Movement Principle)</i>								
Balanced Body® Mat Pilates Instructor Training G.2/2025 - Thai by Apittiya new group		Tue	9 am - 4 pm	54	01-Jul-25	16-Sep-25	55,000	17-Jun-25
<i>(A prerequisite : Movement Principle)</i>								
Balanced Body® Reformer Pilates Instructor Training G2/2025- Thai Apittiya new group		Sun	9 am - 4 pm*	72	09-Feb-25	08-Jun-25	88,400	Full
<i>(A prerequisite : Movement Principle)</i>								
Balanced Body® Reformer Pilates Instructor Training G3/2025- Thai Sugulaya new group		Thu	9 am - 4 pm	54	05-Jun-25	28-Aug-25	88,400	22-May-25
<i>(A prerequisite : Movement Principle)</i>								
Balanced Body® Reformer Pilates Instructor Training G4/2025- Thai Apittiya new group		Sat&Sun	9 am - 6 pm	54	14-Jun-25	26-Jul-25	88,400	Full
<i>(A prerequisite : Movement Principle)</i>								
Balanced Body® Reformer Pilates Instructor Training G5/2025- Thai Sugulaya new group		Sat&Sun	9 am - 4 pm	54	02-Aug-25	07-Sep-25	88,400	Full
<i>(A prerequisite : Movement Principle)</i>								
Balanced Body® Pilates Apparatus Instructor Training 2/2025 - Thai Sugulaya new group		Thu	9 am - 4 pm	60	20-Feb-25	29-May-25	78,300	06-Feb-25
<i>(A prerequisite : Movement Principle , Mat, Reformer)</i>								
Balanced Body® Pilates Apparatus Instructor Training 4/2025 - Thai Sugulaya new group		Sat&Sun	9 am - 4 pm	60	01-Nov-25	30-Nov-25	78,300	18-Oct-25
<i>(A prerequisite : Movement Principle , Mat, Reformer)</i>								
PILATES INSTRUCTOR TRAINING : Chiang Mai location at Chu Pilates		DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
Balanced Body® Movement Principle G.CNX2/2025 - Thai by Chutima.		Sat & Sun	8 am - 6 pm	18	05-Apr-25	06-Apr-25	17,000	22-Mar-25
Balanced Body® Movement Principle G.CNX3/2025 - Thai by Chutima.		Sat & Sun	8 am - 6 pm	18	10-May-25	11-May-25	17,000	26-Apr-25
Balanced Body® Movement Principle G.CNX1/2025 - Eng by Chutima. new arrival		Sat & Sun	8 am - 6 pm	18	15-Nov-25	16-Nov-25	17,000	01-Nov-25
Balanced Body® Movement Principle G.CNX2/2025 - Eng by Chutima. new arrival		Sat & Sun	8 am - 6 pm	18	06-Dec-25	07-Dec-25	17,000	22-Nov-25
Balanced Body® Mat Pilates Instructor Training G.CNX2/2025- Thai by Chutima. new arrival		Fri-Sun	9 am - 6 pm	54	20-Jun-25	21-Jul-25	55,000	06-Jun-25
<i>(A prerequisite : Movement Principle)</i>								
Balanced Body® Mat Pilates Instructor Training G.CNX1/2025- Eng by Chutima. new arrival		Sat - Tue	9 am - 6 pm	54	22-Nov-25	01-Dec-25	55,000	08-Nov-25
<i>(A prerequisite : Movement Principle)</i>								
Balanced Body® Reformer Pilates Instructor Training G.CNX2/2025- Thai by Chutima. new arrival		Sat - Mon	9 am - 6 pm	72	17-May-25	07-Jul-25	88,400	03-May-25
<i>(A prerequisite : Movement Principle)</i>								
Balanced Body® Reformer Pilates Instructor Training G.CNX1/2025- Eng by Chutima. new arrival		Sat - Mon	9 am - 6 pm	72	13-Dec-25	29-Dec-25	88,400	29-Nov-25
<i>(A prerequisite : Movement Principle)</i>								
Balanced Body® Pilates Apparatus Instructor Training 1/2025 - Thai by Chutima. new group		Fri - Mon	9 am - 6 pm	60	18-Apr-25	26-May-25	78,300	Full
<i>(A prerequisite : Movement Principle , Mat, Reformer)</i>								
Balanced Body® Pilates Apparatus Instructor Training 2/2025 - Thai by Chutima. new group		Fri-Mon	9 am - 6 pm	60	03-Oct-25	03-Nov-25	78,300	19-Sep-25
<i>(A prerequisite : Movement Principle , Mat, Reformer)</i>								
FEBRUARY 2025								
Fit® Training Pregnant & Post-Partum Clients - Thai by Sugulaya		Sat	9 am - 4 pm	0.6	8-Feb	8-Feb	5,200	Full
Fit® Training Clients with Lower Back Pain - Thai by Sompat		Mon	9 am - 4 pm	0.6	10-Feb	10-Feb	5,200	27-Jan-25
TWIST Functional Training 101 by Coach Farn Sritrairatana new group		Wed & Sat	9 am - 5 pm	1.2	12-Feb	22-Feb	9,500	29-Jan-25
Programing for Maximum Strength and Hypertrophy - Thai by Wongsatorn new group		Sat	9.30 am - 3.30 pm	0.5	15-Feb	15-Feb	6,850	1-Feb-25
Fit® Pilates Anatomy by Apittiya <i>(include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger)</i>		Thu&Fri	9 am - 4 pm	0	20-Feb	21-Feb	9,900	Full
Sports Massage - Thai by Pimruk & Newton EM Physiology Team new group		Sat&Sun	9 am - 4 pm	0	22-Feb	23-Feb	7,900	8-Feb-25
MARCH 2025								
Olympic Weightlifting Seminar (Thai) by Iron Hive new group		Sat 9AM-4PM	Sun 12PM- 6PM	1.2	1-Mar	2-Mar	8,900	15-Feb-25
Fit® Fitness Nutrition Specialist - Thai by Wiradech		Fri & Sat	9 am - 4 pm	1.2	14-Mar	15-Mar	9,400	28-Feb-25
Sports Massage - Thai by Pimruk & Newton EM Physiology Team <i>at Alpha Health Club , Phuket</i> new group		Sat&Sun	9 am - 4 pm	0	22-Mar	23-Mar	7,900	8-Mar-25
Practical Nutrition for Active People by Krisadee & Utchima new arrival		Sat	9 am - 3 pm	0	22-Mar	22-Mar	7,300	8-Mar-25
Partner Stretching Workshop - Thai by Kru Jimmy (WORKSHOP for general public) Recommended!		Wed	1 pm - 4 pm	0	26-Mar	26-Mar	2,600	12-Mar-25
Fit® Youth Exercise Essentials - Thai by Kittinan new group		Fri	9 am - 4 pm	0.6	28-Mar	28-Mar	5,200	14-Mar-25
Sports Massage - Thai by Pimruk & Newton EM Physiology Team		Sat&Sun	9 am - 4 pm	0	29-Mar	30-Mar	7,900	15-Mar-25
Fit® Senior Fitness Specialist - English by Suzanne new group		Mon-Tue	9 am - 4 pm	1.2	31-Mar	1-Apr	9,400	17-Mar-25
APRIL 2025								
Balanced Body® Anatomy in 3D - Thai by Apittiya <i>(exclude manual fee 2,600 THB)</i>		Thu-Sat	9 am - 4 pm	1.6	3-Apr	5-Apr	18,900	20-Mar-25
Healthy Eating Essentials (Thai) by Atikarn <i>(Bundle with SPE for Weight Training 101 for 15% discount)</i>		Sat	9 am - 4 pm	0	26-Apr	26-Apr	4,100	12-Apr-25
Weight Training 101-Thai by Durongkorn <i>(Bundle with Healthy Eating Essentials for 15% discount)</i>		Sun	9 am - 4 pm	0	27-Apr	27-Apr	4,900	13-Apr-25
Sports Massage - Thai by Pimruk & Newton EM Physiology Team new group		Sat&Sun	9 am - 4 pm	0	26-Apr	27-Apr	7,900	12-Apr-25
Fit® Sports Nutrition in Practice - Thai by Kriyot new group		Sat	9 am - 5 pm	0.7	26-Apr	26-Apr	6,100	12-Apr-25
Fit® Golf Fitness Workshop - Thai by Vatin <i>(Bundle with SPE for Golfer for 15% discount)</i>		Fri&Sat	9 am - 5 pm	0	28-Apr	29-Apr	8,300	14-Apr-25
Fit® Strength and Power Exercises for Golfer - Thai by Vatin <i>(Bundle with Golf Fitness Workshop for 15% disc)</i>		Sun	9 am - 4.30 pm	0	30-Apr	30-Apr	4,900	16-Apr-25
MAY 2025								
Fit® Pilates Anatomy by Apittiya <i>(include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger)</i> new group		Thu&Fri	9 am - 4 pm	0	8-May	9-May	9,900	24-Apr-25
Weight Training program for success-Thai by Phasin new group		Sun	9 am - 4 pm	0	18-May	18-May	4,900	4-May-25
Fit® Pre & Post Rehab Training - Thai by Sompat new group		Sun	9 am - 4 pm	0.6	25-May	25-May	5,200	11-May-25
JUNE 2025								
Fit® Pre & Post Rehab Training - Thai by Sompat - <i>at Lion Fitness, Chiang Mai</i>		Thu	9 am - 4 pm	0.6	5-Jun	5-Jun	5,200	22-May-25
Balanced Body® CoreAlign Instructor Training 1 - Thai by Apittiya <i>(exclude manual fee 2,800 THB)</i>		Wed-Sri	9 am - 4 pm	1.6	18-Jun	20-Jun	22,300	4-Jun-25
JULY 2025								
Fit® Fitness Nutrition Specialist - Thai by Kriyot - <i>at Lion Fitness, Chiang Mai</i> new group		Fri & Sat	9 am - 4 pm	1.2	11-Jul	12-Jul	9,400	27-Jun-25
Fit® Sports Nutrition in Practice - Thai by Kriyot - <i>at Lion Fitness, Chiang Mai</i> new group		Sun	9 am - 5 pm	0.7	13-Jul	13-Jul	6,100	29-Jun-25
Balanced Body® CoreAlign Instructor Training 2 - Thai by Apittiya <i>(exclude manual fee 2,800 THB)</i>		Wed-Sri	9 am - 4 pm	1.6	30-Jul	1-Aug	22,300	16-Jul-25
ONLINE AND HYBRID COURSES		ONLINE PLATFORM		DURATION	STARTS	ENDS	SPECIAL RATE	EARLY BIRD ENDS
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	-
BASIC LIFE SUPPORT (CPR , AED AND CHOKING)		DAYS	TIME	DURATION			REGULAR RATE	EARLY BIRD ENDS
MORNING sessions: 23 Feb (Phuket), 27 Feb (Eng), 5 Mar (PT2), 18 Mar (PT5), 27 Mar (IPT), 2 Apr (PT4), 25 May (PT1), 14 Jun (PT6)		1 Day	9 am - 12pm	3			2,600	2 weeks before
AFTERNOON sessions: 6 May (PT3)		1 Day	9 am - 12pm	3			2,600	2 weeks before
UPDATED :								5-Feb-25

LIVE EVENT **ฟิตทอล์ค อีเว้นท์**

UPDATE KNOWLEDGE FOR PERSONAL TRAINER 2025



พบกับที่ **FIT THAILAND**

ค่าลงทะเบียน 100 บาท/คน (รวมของว่าง เครื่องดื่ม)

12 FEB 2025 | TIME: 9AM-11AM

ลงทะเบียนผ่าน LINE OA **พัพพิ @FIT.THAILAND** (รับ 30 ที่ เท่านั้น)
สอบถามโทร. 02 650 9242.



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