



# COURSE SCHEDULE UPDATE

ตารางอบรมหลักสูตรประกาศนียบัตรวิชาชีพและหลักสูตรต่อเนื่องระยะสั้น

EDUCATING AND EMPOWERING FITNESS PROFESSIONALS



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CERTIFICATION COURSES	RECOGNISED BY	DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE
<b>PERSONAL TRAINER CERTIFICATION</b>							
Certified Personal Trainer - Thai (PT Group 11/2025)	ACE® / FIT®	Mon,Wed,Fri	9 am - 12 pm	96	21-Apr-25	16-Jul-25	44,000
Certified Personal Trainer - Thai (PT Group 7/2025)	ACE® / FIT®	Sat	9 am - 4 pm	96	17-May-25	27-Sep-25	44,000
Certified Personal Trainer - Thai (PT Group 12/2025) <b>13% off the ONE and ONLY group — offer ends April 16, 2025.</b>	ACE® / FIT®	Tue&Thu	1 pm - 4 pm	96	22-May-25	30-Sep-25	44,000
Certified Personal Trainer - Thai (PT Group 13/2025)	ACE® / FIT®	Mon&Wed	9 am - 4 pm	96	26-May-25	21-Jul-25	44,000
Certified Personal Trainer - Thai (PT Group 14/2025)	ACE® / FIT®	Tue&Thu	9 am - 4 pm	96	27-May-25	29-Jul-25	44,000
Certified Personal Trainer - Thai (PT CNX1/2025) <b>at Lion Fitness, CHIANG MAI</b>	ACE® / FIT®	Fri, Sat, Sun	9 am - 4 pm	96	30-May-25	29-Jun-25	44,000
Certified Personal Trainer - Thai (PT Group 8/2025)	ACE® / FIT®	Sun	9 am - 4 pm	96	1-Jun-25	19-Oct-25	44,000
Certified Personal Trainer - English (EPT Group 1/2025)	ACE® / FIT®	Some Tue-Thu	9 am - 4 pm	96	4-Jun-25	30-Jul-25	44,000
Certified Personal Trainer - Thai (PT UBON/2025) <b>at Prodigy Sport &amp; Fitness Club Sandsook, UBON RATCHATHANI</b>	ACE® / FIT®	Fri, Sat, Sun	9 am - 4 pm	96	1-Aug-25	31-Aug-25	44,000
Certified Personal Trainer - Thai (PT Group 15/2025)	ACE® / FIT®	Sun	9 am - 4 pm	96	3-Aug-25	30-Nov-25	44,000
Certified Personal Trainer - Thai (PT CNX2/2025) <b>at Lion Fitness, CHIANG MAI</b>	ACE® / FIT®	Fri, Sat, Sun	9 am - 4 pm	96	24-Oct-25	23-Nov-25	44,000
<i>Remark: ACE Personal Trainer Exam Preparation Course</i>							
<b>SPORT CONDITIONING</b>							
Certified Strength and Conditioning Specialist-Thai (Exclude NSCA-CSCS textbook)	NSCA® / CSCS®	Mon	9 am - 4 pm	72	21-Apr-25	4-Aug-25	43,300
<b>YOGA</b>							
200 hours Hatha Vinyasa Yoga Teacher Training - Thai by Kru Jimmy		Thu-Sun	9am - 4 pm	200	7-Aug-25	23-Nov-25	69,000
<b>PILATES INSTRUCTOR TRAINING : at FIT Thailand, BANGKOK</b>							
Movement Principle G5/2025 - Thai by Sugulaya	Balanced Body®	Wed	9 am - 4 pm	18	7-May-25	21-May-25	17,000
Movement Principle G3/2025 - Thai by Apittiya	Balanced Body®	Tue	9 am - 4 pm	18	10-Jun-25	24-Jun-25	17,000
Movement Principle G6/2025 - Thai by Apittiya	Balanced Body®	Sat&Sun	9 am - 4 pm	18	13-Sep-25	20-Sep-25	17,000
<b>Mat Pilates</b> Instructor Training G.4/2025 - Thai by Sugulaya <i>(A prerequisite : Movement Principle)</i>	Balanced Body®	Sat&Sun	9 am - 5 pm	54	24-May-25	29-Jun-25	55,000
<b>Mat Pilates</b> Instructor Training G.2/2025 - Thai by Apittiya <i>(A prerequisite : Movement Principle)</i>	Balanced Body®	Tue	9 am - 4 pm	54	1-Jul-25	16-Sep-25	55,000
<b>Mat Pilates</b> Instructor Training G.5/2025 - Thai by Apittiya <i>(A prerequisite : Movement Principle)</i>	Balanced Body®	Sat&Sun	9 am - 4 pm	54	21-Sep-25	2-Nov-25	55,000
<b>Reformer</b> Pilates Instructor Training G3/2025 - Thai Sugulaya <i>(A prerequisite : Movement Principle)</i>	Balanced Body®	Thu	9 am - 4 pm	54	5-Jun-25	28-Aug-25	88,400
<b>Reformer</b> Pilates Instructor Training G4/2025 - Thai Apittiya <i>(A prerequisite : Movement Principle)</i>	Balanced Body®	Sat&Sun	9 am - 6 pm	54	14-Jun-25	26-Jul-25	88,400
<b>Reformer</b> Pilates Instructor Training G5/2025 - Thai Sugulaya <i>(A prerequisite : Movement Principle)</i>	Balanced Body®	Sat&Sun	9 am - 4 pm	54	2-Aug-25	7-Sep-25	88,400
<b>Apparatus</b> Pilates Instructor Training 3/2025 - Thai Sugulaya <i>(A prerequisite : Movement Principle , Mat , Reformer)</i>	Balanced Body®	Sat&Sun	9 am - 4 pm	60	1-Nov-25	30-Nov-25	78,300
<b>Apparatus</b> Pilates Instructor Training 4/2025 - Thai Apittiya <i>(A prerequisite : Movement Principle , Mat , Reformer)</i>	Balanced Body®	Tue	9 am - 5.30 pm	60	30-Sep-25	25-Nov-25	78,300
<b>PILATES INSTRUCTOR TRAINING : at Chu Pilates, CHIANG MAI</b>							
Movement Principle G.CNX2/2025 - by Chutima.	Balanced Body®	Sat & Sun	8 am - 6 pm	18	5-Apr-25	6-Apr-25	17,000
Movement Principle G.CNX4/2025 - by Chutima.	Balanced Body®	Sat & Sun	8 am - 6 pm	18	26-Apr-25	27-Apr-25	17,000
Movement Principle G.CNX3/2025 - by Chutima.	Balanced Body®	Sat & Sun	8 am - 6 pm	18	10-May-25	11-May-25	17,000
Movement Principle G.CNX1/2025 - <b>English Programme</b> by Chutima.	Balanced Body®	Sat & Sun	8 am - 6 pm	18	15-Nov-25	16-Nov-25	17,000
Movement Principle G.CNX2/2025 - <b>English Programme</b> by Chutima.	Balanced Body®	Sat & Sun	8 am - 6 pm	18	6-Dec-25	7-Dec-25	17,000
<b>Mat Pilates</b> Instructor Training G.CNX2/2025- by Chutima. <i>(A prerequisite : Movement Principle)</i>	Balanced Body®	Fir-Sun	9 am - 6 pm	54	20-Jun-25	21-Jul-25	55,000
<b>Mat Pilates</b> Instructor Training G.CNX1/2025- <b>English Programme</b> by Chutima. <i>(A prerequisite : Movement Principle)</i>	Balanced Body®	Sat - Tue	9 am - 6 pm	54	22-Nov-25	1-Dec-25	55,000
<b>Reformer</b> Pilates Instructor Training G.CNX2/2025- by Chutima. <i>(A prerequisite : Movement Principle)</i>	Balanced Body®	Sat - Mon	9 am - 6 pm	72	17-May-25	7-Jul-25	88,400
<b>Reformer</b> Pilates Instructor Training G.CNX3/2025- by Chutima. <i>(A prerequisite : Movement Principle)</i>	Balanced Body®	Sat-Mon	9 am - 6 pm	72	23-Aug-25	20-Oct-25	88,400
<b>Reformer</b> Pilates Instructor Training G.CNX1/2025 - <b>English Programme</b> by Chutima. <i>(A prerequisite : Movement Principle)</i>	Balanced Body®	Sat - Mon	9 am - 6 pm	72	13-Dec-25	29-Dec-25	88,400
<b>Apparatus</b> Instructor Training 1/2025 - Thai by Chutima. <i>(A prerequisite : Movement Principle , Mat , Reformer)</i>	Balanced Body®	Fri - Mon	9 am - 6 pm	60	18-Apr-25	26-May-25	78,300
<b>Apparatus</b> Instructor Training 2/2025 - Thai by Chutima. <i>(A prerequisite : Movement Principle , Mat , Reformer)</i>	Balanced Body®	Fri-Mon	9 am - 6 pm	60	3-Oct-25	3-Nov-25	78,300
<b>CONTINUING EDUCATION COURSES: CECS</b>							
<b>APRIL</b>							
ANATOMY in Three Dimension® - by Apittiya <i>( exclude manual fee 2,600 THB )</i>	Balanced Body®	Thu-Sat	9 am - 4 pm	1.6	3-Apr	5-Apr	18,900
Functional Training 101 - Thai by Master Coach Farn Sritairattana	Twist®	Sat - Sun	9 am - 5 pm	1.2	19-Apr	20-Apr	9,500
Balance Board 101 - Thai by Sitthiporn Klinbua - Note	STAY balance board	Sat	10 am - 3 pm	0	19-Apr	19-Apr	4,100
Healthy Eating Essentials - by Atikarn <b>(Bundle with SPE for Weight Training 101 for 15% discount)</b>	FIT®	Sat	9 am - 4 pm	0	26-Apr	26-Apr	4,100
Sports Massage - by Pimruk & Newton EM Physiology Team	FIT®	Sat&Sun	9 am - 4 pm	0	26-Apr	27-Apr	7,900
Sports Nutrition in Practice - by Kriyot	FIT®	Sat	9 am - 5 pm	0.7	26-Apr	26-Apr	6,100



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Weight Training 101 - by Durongkorn <b>(Bundle with Healthy Eating Essentials for 15% discount)</b>	FIT*	Sun	9 am - 4 pm	0	27-Apr	27-Apr	4,900
Golf Fitness Workshop - by Vatin <b>(Bundle with SPE for Golfer for 15% discount)</b>	FIT*	Mon-Tue	9 am - 5 pm	0	28-Apr	29-Apr	8,300
Strength and Power Exercises for Golfer - Thai by Vatin <b>(Bundle with Golf Fitness Workshop for 15% discount)</b>	FIT*	Wed	9 am - 4.30 pm	0	30-Apr	30-Apr	4,900
<b>MAY</b>							
Introduction to Anatomy for Pilates by Apittiya <i>(include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger)</i>	FIT*	Thu&Fri	9 am - 4 pm	0	8-May	9-May	9,900
Practical Nutrition for Active People by Krisadee & Utchima. <b>at A Little Sunshine Café, WITTHAYU ROAD</b>	FIT*	Sat	9 am - 3 pm	0	10-May	10-May	7,300
Weight Training Program for Success - by Phasin	REBEL	Sun	9 am - 4 pm	0	18-May	18-May	4,900
Build Distance Runner - by Phongsakon(Performark Strength & Run) & Ratanyoo(Muscle Clinicz)	ACE*	Fri	9 am - 4 pm	0.6	23-May	23-May	6,100
AIRFIT BUNGEE Instructor Training - by Sivavut Mathong at Panya Sport Complex	ACE*	Fri-Sun	9 am - 6 pm	2.5	23-May	25-May	35,000
Programing for Maximum Strength and Hypertrophy - Thai by Wongsatorn	FIT*	Sat	9.30 am - 3.30 pm	0.5	24-May	24-May	6,850
Pre & Post Rehab Training - by Sompat	FIT*	Sun	9 am - 4 pm	0.6	25-May	25-May	5,200
Fitness Nutrition Specialist - by Suzanne	FIT*	Mon&Tue	9 am - 4 pm	1.2	26-May	27-May	9,400
Aquatic Fitness Professional (Level 1) - by Pimruk, Kriyot, Pornpana, Wiraporn	FIT*	Tue&Wed	9 am - 4 pm	1.2	27-May	28-May	9,400
Elite Hospitality Fitness Training - by Panuwat - <b>at Technogym-Laguna, Phuket</b>	FIT*	Tue&Wed	9 am - 4 pm	0	27-May	28-May	7,900
Partner Stretching Workshop (for all fitness levels) - by Kru Jimmy	FIT*	Wed	1 pm - 4 pm	0	28-May	28-May	2,600
Fit* Weight Loss Specialist - Thai by Wiradech	FIT*	Fri&Sat	9 am - 4 pm	1.2	30-May	31-May	9,400
Advanced Muscle and Strength Development - Thai by Noppadol	FIT*	Sat & Sun	9 am - 4 pm	1.2	31-May	1-Jun	9,400
<b>JUNE</b>							
Pre & Post Rehab Training - by Sompat - <b>at Lion Fitness, CHIANG MAI</b>	FIT*	Thu	9 am - 4 pm	0.6	5-Jun	5-Jun	5,200
ANATOMY in Three Dimension* - by Apittiya <i>(exclude manual fee 2,600 THB)</i>	Balanced Body*	Thu-Sat	9 am - 4 pm	1.6	5-Jun	7-Jun	18,900
Senior Fitness Specialist - by Atikarn	FIT*	Sat-Sun	9 am - 4 pm	1.2	7-Jun	8-Jun	9,400
Movement Preparation Specialist - <b>English Programme</b> by Tarek, FTI <i>(Bundle with FTI Movement Prep for 15% discount)</i>	FTI	Fri	9 am - 5 pm	0.8	13-Jun	13-Jun	6,900
Integrated Movement Coach - <b>English Programme</b> by Tarek, FTI <i>(Bundle with FTI Integrated movement for 15% discount)</i>	FTI	Sat & Sun	9 am - 6 pm	1.4	14-Jun	15-Jun	10,900
CoreAlign Instructor Training 1 - by Apittiya <i>(exclude manual fee 2,800 THB)</i>	Balanced Body*	Wed-Sri	9 am - 4 pm	1.6	18-Jun	20-Jun	22,300
Fit* Training Clients with Lower Back Pain - Thai by Sompat	FIT*	Thu	9 am - 4 pm	0.6	26-Jun	26-Jun	5,200
Youth Exercise Essentials - by Kittinan	FIT*	Fri	9 am - 4 pm	0.6	27-Jun	27-Jun	5,200
<b>JULY</b>							
Sports Massage - by Pimruk & Newton EM Physiology Team <b>at Alpha Health Club, PHUKET</b>	NEWTON EM*	Sat&Sun	9 am - 4 pm	0	26-Jul	27-Jul	7,900
CoreAlign Instructor Training 2 - Thai by Apittiya <i>(exclude manual fee 2,800 THB)</i>	Balanced Body*	Wed-Sri	9 am - 4 pm	1.6	30-Jul	1-Aug	22,300
<b>AUGUST</b>							
Fitness Nutrition Specialist - Thai by Kriyot - <b>at Lion Fitness, CHIANG MAI</b>	FIT*	Fri & Sat	9 am - 4 pm	1.2	1-Aug	2-Aug	9,400
Sports Nutrition in Practice - Thai by Kriyot - <b>at Lion Fitness, CHIANG MAI</b>	FIT*	Sun	9 am - 5 pm	0.7	3-Aug	3-Aug	6,100
<b>SEPTEMBER</b>							
Introduction to Pilates Anatomy by Apittiya <i>(include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger)</i>	FIT*	Sat-Sun	9 am - 4 pm	0	6-Sep	7-Sep	9,900
<b>ONLINE AND HYBRID COURSES</b>							
Anatomy 101 (Thai Programme)	FIT*	Teachable		3	when apply	within 1 year	959
Intro to Health Coaching (English Programme)	FIT*	" 3 hours ONLINE via Teachable "			when apply	within 1 year	919
Intro to Health Coaching (English Programme)	FIT*	Teachable		2.5	when apply	within 1 year	919
<b>BASIC LIFE SUPPORT ( CPR , AED AND CHOKING )</b>							
<b>MORNING sessions:</b> 21 May (PT9), 25 May (PT1), 14 Jun (PT6), 29 Jun (PT-CNX), 27 Sep (PT9), 19 Oct (PT8)	FIT*	1 Day	9 am - 12pm	3			2,600
<b>AFTERNOON sessions:</b> 6 May (PT3)	FIT*	1 Day	9 am - 12pm	3			2,600

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