

FIT 20TH ANNIVERSARY

ฉลองครบรอบ 20 ปี ฟิตไทยแลนด์

Join FIT's 20th Anniversary Event

ขอเชิญศิษย์เก่า ศิษย์ปัจจุบัน และพันธมิตรทั่วโลกเข้าร่วมการแข่งขันกีฬาสุดพิเศษ

fit

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400
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(เสื้อทีมพิเศษ 1 ตัวออกแบนด้วย VOLT
• ของรางวัล เครื่องดื่ม • สุนัขรางวัล)

FIT SPORTS DAY 2025

เนื่องในโอกาสฉลองครบรอบ 20 ปี ฟิตไทยแลนด์
"Look how far we've come together"

เสาร์ 5
กรกฎาคม 2568
[SAT 05.JUL.2025]

9AM - 12PM
ณ สนามโปโล ฟุตบอล พาร์ค (สนาม 2)
ซอยโปโล ลุมพินี กรุงเทพฯ



COUNTDOWN TO THE CELEBRATION!
Reconnect, compete, and celebrate together.
Let's make memories – on and off the field.

เปิดลงทะเบียน 21 เม.ย. 68 – 15 พ.ค. 68
อ่านรายละเอียดการจัดงานได้ที่ www.fitthai.com



#FITthailandSportsDay #FITthailandTurns20 #ฟิตไทยแลนด์ครบรอบ20ปี

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ฉลองครบรอบ 20 ปี ฟิตไทยแลนด์

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COURSE SCHEDULE UPDATE

ตารางอบรมหลักสูตรประกาศนียบัตรวิชาชีพและหลักสูตรต่อเนื่องระยะสั้น

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CERTIFICATION COURSES	RECOGNISED BY	DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
PERSONAL TRAINER CERTIFICATION								
Certified Personal Trainer - Thai (PT Group 7/2025)	ACE* / FIT*	Sat	9 am - 4 pm	96	17-May-25	27-Sep-25	44,000	Full
Certified Personal Trainer - Thai (PT Group 12/2025)	ACE* / FIT*	Tue&Thu	1 pm - 4 pm	96	22-May-25	30-Sep-25	44,000	8-May-25
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	12-May-25
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	13-May-25
Certified Personal Trainer - Thai (PT CNX1/2025) at Lion Fitness, CHIANG MAI	ACE* / FIT*	Fri, Sat, Sun	9 am - 4 pm	96	30-May-25	29-Jun-25	44,000	Full
Certified Personal Trainer - Thai (PT Group 8/2025)	ACE* / FIT*	Sun	9 am - 4 pm	96	01-Jun-25	19-Oct-25	44,000	Full
Certified Personal Trainer - English (EPT Group 1/2025)	ACE* / FIT*	Some Tue-Thu	9 am - 4 pm	96	04-Jun-25	30-Jul-25	44,000	21-May-25
Certified Personal Trainer - Thai (PT Group 16/2025)	ACE* / FIT*	Mon&Wed&Fri	9 am - 12 pm	96	21-Jul-25	08-Oct-25	44,000	14-Jul-25
Certified Personal Trainer - Thai (PT UBON/2025) at Prodigy Sport & Fitness Club Sandsook, UBON RATCHATHANI	ACE* / FIT*	Fri, Sat, Sun	9 am - 4 pm	96	01-Aug-25	31-Aug-25	44,000	18-Jul-25
Certified Personal Trainer - Thai (PT Group 15/2025)	ACE* / FIT*	Sun	9 am - 4 pm	96	03-Aug-25	30-Nov-25	44,000	20-Jul-25
Certified Personal Trainer - Thai (PT CNX2/2025) at Lion Fitness, CHIANG MAI	ACE* / FIT*	Fri, Sat, Sun	9 am - 4 pm	96	24-Oct-25	23-Nov-25	44,000	10-Oct-25
<i>Remark: ACE Personal Trainer Exam Preparation Course</i>								
YOGA								
200 hours Hatha Vinyasa Yoga Teacher Training - Thai by Kru Jimmy		Thu-Sun	9am - 4 pm	200	07-Aug-25	23-Nov-25	69,000	24-Jul-25
PILATES INSTRUCTOR TRAINING : at FIT Thailand, BANGKOK								
Movement Principle G3/2025 - Thai by Apittiya	Balanced Body*	Tue	9 am - 4 pm	18	10-Jun-25	24-Jun-25	17,000	Full
Movement Principle G7/2025 - Thai by Sugulaya	Balanced Body*	Wed	9 am - 4 pm	18	02-Jul-25	16-Jul-25	17,000	18-Jun-25
Movement Principle G6/2025 - Thai by Apittiya	Balanced Body*	Sat&Sun	9 am - 4 pm	18	13-Sep-25	20-Sep-25	17,000	Full
Mat Pilates 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	Full
Mat Pilates Instructor Training G.2/2025 - Thai by Apittiya <i>(A prerequisite : Movement Principle)</i>	Balanced Body*	Tue	9 am - 4 pm	54	01-Jul-25	16-Sep-25	55,000	Full
Mat Pilates 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	02-Nov-25	55,000	Full
Reformer Pilates Instructor Training G3/2025- Thai Sugulaya <i>(A prerequisite : Movement Principle)</i>	Balanced Body*	Thu	9 am - 4 pm	54	05-Jun-25	28-Aug-25	88,400	Full
Reformer 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	31-May-25
Reformer Pilates Instructor Training G5/2025- Thai Sugulaya <i>(A prerequisite : Movement Principle)</i>	Balanced Body*	Sat&Sun	9 am - 4 pm	54	02-Aug-25	07-Sep-25	88,400	Full
Apparatus Pilates Instructor Training 3/2025 - Thai Sugulaya <i>(A prerequisite : Movement Principle , Mat, Reformer)</i>	Balanced Body*	Sat&Sun	9 am - 4 pm	60	01-Nov-25	30-Nov-25	78,300	Full
Apparatus 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	16-Sep-25
PILATES INSTRUCTOR TRAINING : at Chu Pilates, CHIANG MAI								
Movement Principle G.CNX3/2025 - by Chutima.	Balanced Body*	Sat & Sun	8 am - 6 pm	18	10-May-25	11-May-25	17,000	Full
Movement Principle G.CNX5/2025 - by Chutima.	Balanced Body*	Sat & Sun	8 am - 6 pm	18	26-Jul-25	27-Jul-25	17,000	12-Jul-25
Movement Principle G.CNX6/2025 - by Chutima.	Balanced Body*	Sat & Sun	8 am - 6 pm	18	11-Oct-25	12-Oct-25	17,000	27-Sep-25
Movement Principle G.CNX1/2025 - English Programme by Chutima.	Balanced Body*	Sat & Sun	8 am - 6 pm	18	01-Nov-25	02-Nov-25	17,000	18-Oct-25
Movement Principle G.CNX2/2025 - English Programme by Chutima.	Balanced Body*	Sat & Sun	8 am - 6 pm	18	06-Dec-25	07-Dec-25	17,000	22-Nov-25
Introduction to Anatomy for Pilates by Chutima <i>(include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger)</i>	FIT*	Sat & Sun	9 am - 4 pm	12	28-Jun-25	29-Jun-25	9,900	14-Jun-25
Mat Pilates Instructor Training G.CNX2/2025- by Chutima. <i>(A prerequisite : Movement Principle)</i>	Balanced Body*	Fri-Sun	9 am - 6 pm	54	20-Jun-25	21-Jul-25	55,000	Full
Mat Pilates Instructor Training G.CNX3/2025- by Chutima. <i>(A prerequisite : Movement Principle)</i>	Balanced Body*	Sat - Tue	9 am - 6 pm	54	09-Aug-25	08-Sep-25	55,000	26-Jul-25
Mat Pilates Instructor Training G.CNX1/2025- English Programme by Chutima. <i>(A prerequisite : Movement Principle)</i>	Balanced Body*	Sat - Tue	9 am - 6 pm	54	22-Nov-25	01-Dec-25	55,000	08-Nov-25
Reformer 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	07-Jul-25	88,400	03-May-25
Reformer 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	09-Aug-25
Reformer Pilates Instructor Training G.CNX1/2025 - English Programme 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	29-Nov-25
Apparatus Instructor Training 2/2025 - Thai by Chutima. <i>(A prerequisite : Movement Principle , Mat, Reformer)</i>	Balanced Body*	Fri-Mon	9 am - 6 pm	60	04-Oct-25	17-Nov-25	78,300	20-Sep-25
CONTINUING EDUCATION COURSES: CECS								
MAY								
Practical Nutrition for Active People by Krisadee & Utchima. at A Little Sunshine Café, WITTHAYU ROAD	FIT*	Sat	9 am - 3 pm	0	10-May	10-May	7,300	26-Apr-25
Weight Training Program for Success - by Phasin	REBEL	Sun	9 am - 4 pm	0	18-May	18-May	4,900	4-May-25
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	Full
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	9-May-25
Programming for Maximum Strength and Hypertrophy - Thai by Wongsatorn	FIT*	Sat	9.30 am - 3.30 pm	0.5	24-May	24-May	6,850	10-May-25
Pre & Post Rehab Training - by Sompot	FIT*	Sun	9 am - 4 pm	0.6	25-May	25-May	5,200	Full
Fitness Nutrition Specialist Eng - by Suzanne	FIT*	Mon&Tue	9 am - 4 pm	1.2	26-May	27-May	9,400	12-May-25
Elite Hospitality Fitness Training - by Panuwat - at Technogym-Laguna, Phuket	FIT*	Tue&Wed	9 am - 4 pm	0	27-May	28-May	7,900	Full
Partner Stretching Workshop (for all fitness levels) - by Kru Jimmy	FIT*	Wed	1 pm - 4 pm	0	28-May	28-May	2,600	14-May-25
Fit* Weight Loss Specialist - Thai by Wiradech	FIT*	Fri&Sat	9 am - 4 pm	1.2	30-May	31-May	9,400	16-May-25



COURSE SCHEDULE UPDATE

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Advanced Muscle and Strength Development - Thai by Noppadol	FIT*	Sat & Sun	9 am - 4 pm	1.2	31-May	1-Jun	9,400	17-May-25
JUNE								
Pre & Post Rehab Training - by Sompat - at Lion Fitness, CHIANG MAI	FIT*	Thu	9 am - 4 pm	0.6	5-Jun	5-Jun	5,200	22-May-25
ANATOMY in Three Dimension* - by Apittiya (exclude manual fee 2,600 THB)	Balanced Body*	Thu-Sat	9 am - 4 pm	1.6	5-Jun	7-Jun	18,900	22-May-25
Senior Fitness Specialist - by Atikarn	FIT*	Sat-Sun	9 am - 4 pm	1.2	7-Jun	8-Jun	9,400	Full
Aquatic Fitness Professional (Level 1) - by Pimruk, Kriyot, Pornpana, Wiraporn	FIT*	Tue&Wed	9 am - 4 pm	1.2	10-Jun	11-Jun	9,400	27-May-25
Training Pregnant & Post-Partum Clients - by Sugulaya	FIT*	Wed	9 am - 4 pm	0.6	11-Jun	11-Jun	5,200	Full
Movement Preparation Specialist - English Programme by Tarek, FTI (Bundle with FTI Movement Prep for 15% discount)	FTI	Fri	9 am - 5 pm	0.8	13-Jun	13-Jun	6,900	30-May-25
Integrated Movement Coach - English Programme by Tarek, FTI (Bundle with FTI Integrated movement for 15% discount)	FTI	Sat & Sun	9 am - 6 pm	1.4	14-Jun	15-Jun	10,900	31-May-25
CoreAlign Instructor Training 1 - by Apittiya (exclude manual fee 2,800 THB)	Balanced Body*	Wed-Sri	9 am - 4 pm	1.6	18-Jun	20-Jun	22,300	4-Jun-25
Balance Board 101 - Thai by Sitthiporn Klinbua - Note	STAY balance board	Fri	10 am - 3 pm	0	20-Jun	20-Jun	4,100	6-Jun-25
Fitness Nutrition Specialist - by Wiradech	FIT*	Fri & Sat	9 am - 4 pm	1.2	20-Jun	21-Jun	9,400	6-Jun-25
Build Distance Runner - by Phongsakon(Performark Strength & Run) & Ratanyoo(Muscle Clinicz)	ACE*	Sun	9 am - 4 pm	0.6	22-Jun	22-Jun	6,100	8-Jun-25
Fit* Training Clients with Lower Back Pain - Thai by Sompat	FIT*	Thu	9 am - 4 pm	0.6	26-Jun	26-Jun	5,200	12-Jun-25
Youth Exercise Essentials - by Kittinan	FIT*	Fri	9 am - 4 pm	0.6	27-Jun	27-Jun	5,200	13-Jun-25
Partner Stretching Workshop (for all fitness levels) - by Kru Jimmy at ABS-CEN - Hadyai	FIT*	Sat	10 am - 1 pm	0	28-Jun	28-Jun	2,600	14-Jun-25
JULY								
Balance Board 101 - Thai by Sitthiporn Klinbua - Note	STAY balance board	Fri	10 am - 3 pm	0	18-Jul	18-Jul	4,100	4-Jul-25
Balanced Body MOTR Instructor Training Comprehensive- Thai by Sugulaya	FIT*	Fri-Sun	9 am - 4 pm	1.6	18-Jul	20-Jul	26,400	5-Jul-25
Sports Massage - by Pimruk & Newton EM Physiology Team	FIT*	Sat&Sun	9 am - 4 pm	0	19-Jul	20-Jul	7,900	5-Jul-25
Build Distance Runner - by Phongsakon(Performark Strength & Run) & Ratanyoo(Muscle Clinicz)	ACE*	Sun	9 am - 4 pm	0.6	20-Jul	20-Jul	6,100	6-Jul-25
Women Fitness Essentials - Thai by Atikarn	FIT*	Wed	9 am - 4 pm	0.6	23-Jul	23-Jul	5,200	9-Jul-25
Sports Massage - by Pimruk & Newton EM Physiology Team at Alpha Health Club, PHUKET	NEWTON EM*	Sat&Sun	9 am - 4 pm	0	26-Jul	27-Jul	7,900	12-Jul-25
CoreAlign Instructor Training 2 - Thai by Apittiya (exclude manual fee 2,800 THB)	Balanced Body*	Wed-Sri	9 am - 4 pm	1.6	30-Jul	1-Aug	22,300	16-Jul-25
AUGUST								
Fitness Nutrition Specialist - Thai by Kriyot - at Lion Fitness, CHIANG MAI (Bundle with Sports Nutrition in Practice for 15% discount)	FIT*	Fri & Sat	9 am - 4 pm	1.2	1-Aug	2-Aug	9,400	18-Jul-25
Functional Training 101 - Thai by Master Coach Farn Sritairattana	Twist*	Sat - Sun	9 am - 5 pm	1.2	2-Aug	3-Aug	9,500	19-Jul-25
Sports Nutrition in Practice - Thai by Kriyot - at Lion Fitness, CHIANG MAI (Bundle with Fitness Nutrition Specialist for 15% discount)	FIT*	Sun	9 am - 5 pm	0.7	3-Aug	3-Aug	6,100	20-Jul-25
Senior Fitness Specialist - by Atikarn	FIT*	Sat-Sun	9 am - 4 pm	1.2	16-Aug	17-Aug	9,400	2-Aug-25
SEPTEMBER								
Introduction to Pilates Anatomy by Apittiya (include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger)	FIT*	Sat-Sun	9 am - 4 pm	0	6-Sep	7-Sep	9,900	23-Aug-25
ONLINE AND HYBRID COURSES								
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	
BASIC LIFE SUPPORT (CPR , AED AND CHOKING)								
MORNING sessions: 21 May (PT9), 25 May (PT1), 27 May (PT10), 14 Jun (PT6), 29 Jun (PT-CN), 14 Jul (PT11), 21 Jul (PT13), 29 Jul (PT14), 30 Jul (PT1), 31 Aug (UBP), 23 Sep (PT12), 27 Sep (PT9), 19 Oct (PT8), 23 Nov (CNX), 30 Nov (PT15)	FIT*	1 Day	9 am - 12pm	3			2,600	2 weeks before
AFTERNOON sessions: 27 May (PT10)	FIT*	1 Day	1 pm - 4 pm	3			2,600	2 weeks before

UPDATED : 7-May-25

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