

FIT 20TH ANNIVERSARY

ฉลองครบรอบ 20 ปี ฟิตไทยแลนด์

Join FIT's 20th Anniversary Event

ขอเชิญ ศิษย์เก่า ศิษย์ปัจจุบัน และพันธมิตรทั่วไทยเข้าร่วมการแข่งขันกีฬาสุดพิเศษ

fit® | VOLT



ANNIVERSARY

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



ค่าสมัคร
400
บาท / คน
(เลือกรับพิเศษ 1 ตัวออกแบบโดย VOLT
+ บองว้าง เครื่องดื่ม + สุนัขรางวัล)

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

เปิดลงทะเบียนแล้ววันนี้ จำกัด 300 สิทธิ์ เท่านั้น
อ่านรายละเอียดการจัดงานได้ที่ www.fitthai.com

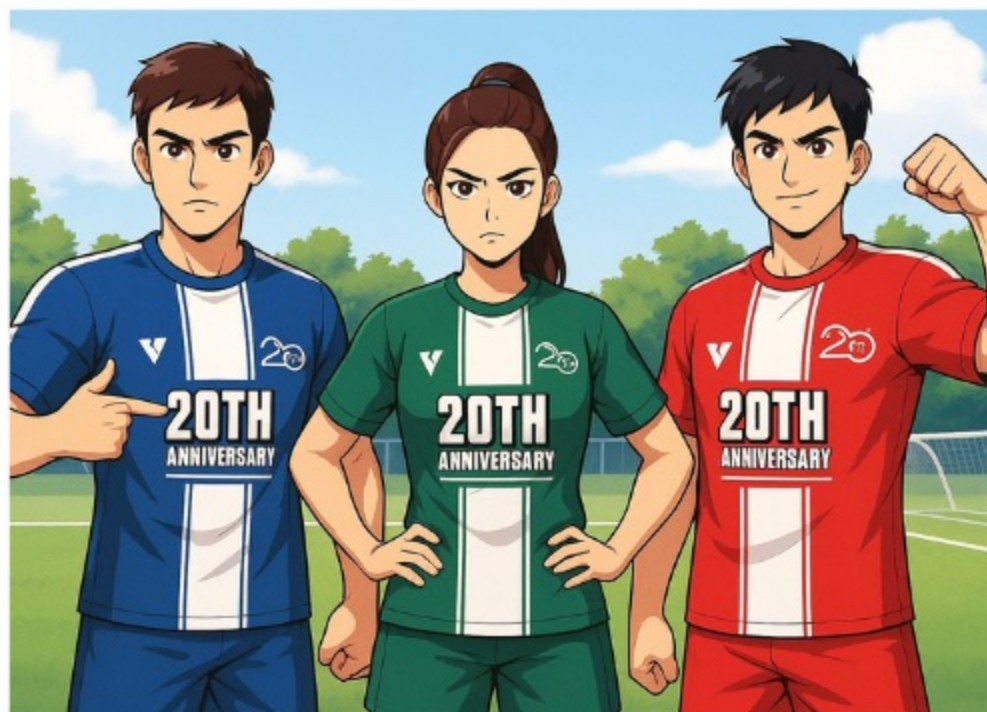


#FITthailandSportsDay #FITthailandTurns20 #ฟิตไทยแลนด์ครบรอบ20ปี

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COURSE SCHEDULE UPDATE

ตารางอบรมหลักสูตรประกาศนียบัตรวิชาชีพและหลักสูตรต่อเนื่องระยะสั้น

EDUCATING AND EMPOWERING FITNESS PROFESSIONALS



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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 16/2025)	ACE® / FIT®	Mon&Wed&Fri	9 am - 12 pm	96	21-Jul-25	8-Oct-25	44,000	14-Jul-25
Certified Personal Trainer - Thai (PT UBON/2025) - UBON RATCHATHANI at Prodigy Sport & Fitness Club Sandsook	ACE® / FIT®	Fri, Sat, Sun	9 am - 4 pm	96	1-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	3-Aug-25	30-Nov-25	44,000	Full
Certified Personal Trainer - Thai (PT Group 17/2025)	ACE® / FIT®	Mon&Wed	9 am - 4 pm	96	4-Aug-25	1-Oct-25	44,000	21-Jul-25
Certified Personal Trainer - Thai (PT Group 18/2025)	ACE® / FIT®	Tue&Thu	9 am - 4 pm	96	5-Aug-25	2-Oct-25	44,000	22-Jul-25
Certified Personal Trainer - Thai (PT Group 19/2025)	ACE® / FIT®	Mon&Wed	9 am - 4 pm	96	6-Oct-25	3-Dec-25	44,000	22-Sep-25
Certified Personal Trainer - Thai (PT CNX2/2025) - CHIANG MAI at Lion Fitness	ACE® / FIT®	Fri, Sat, Sun	9 am - 4 pm	96	24-Oct-25	23-Nov-25	44,000	10-Oct-25
Remark: ACE Personal Trainer Exam Preparation Course								
YOGA		DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
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	24-Jul-25
PILATES INSTRUCTOR TRAINING : at FIT Thailand, BANGKOK		DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
Movement Principle G7/2025 - Thai by Sugulaya	Balanced Body®	Wed	9 am - 4 pm	18	2-Jul-25	16-Jul-25	17,000	Full
Movement Principle G6/2025 - Thai by Apittiya	Balanced Body®	Sat&Sun	9 am - 4 pm	18	13-Sep-25	20-Aug-25	17,000	Full
Mat Pilates Instructor Training G.2/2025 - Thai by Apittiya (A prerequisite : Movement Principle)	Balanced Body®	Tue	9 am - 4 pm	54	1-Jul-25	16-Sep-25	55,000	Full
Mat Pilates Instructor Training G.5/2025 - Thai by Apittiya (A prerequisite : Movement Principle)	Balanced Body®	Sat&Sun	9 am - 4 pm	54	21-Sep-25	2-Nov-25	55,000	Full
Reformer Pilates Instructor Training G5/2025- Thai Sugulaya (A prerequisite : Movement Principle)	Balanced Body®	Sat&Sun	9 am - 4 pm	72	2-Aug-25	7-Sep-25	88,400	Full
Apparatus Pilates Instructor Training 3/2025 - Thai Sugulaya (A prerequisite : Movement Principle , Mat, Reformer)	Balanced Body®	Sat&Sun	9 am - 4 pm	60	1-Nov-25	30-Nov-25	78,300	Full
Apparatus Pilates Instructor Training 4/2025 - Thai Apittiya (A prerequisite : Movement Principle , Mat, Reformer)	Balanced Body®	Tue	9 am - 5.30 pm	60	30-Sep-25	25-Nov-25	78,300	Full
PILATES INSTRUCTOR TRAINING : at Chu Pilates, CHIANG MAI		DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
Movement Principle G.CNX5/2025 - by Chutima.	Balanced Body®	Sat & Sun	8 am - 6 pm	18	26-Jul-25	27-Jul-25	17,000	Full
Movement Principle G.CNX7/2025 - by Chutima.	Balanced Body®	Sat & Sun	8 am - 6 pm	18	23-Aug-25	24-Aug-25	17,000	Full
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	1-Nov-25	2-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	6-Dec-25	7-Dec-25	17,000	22-Nov-25
Introduction to Anatomy for Pilates by Chutima (include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger)	FIT®	Sat & Sun	9 am - 4 pm	12	28-Jun-25	29-Jun-25	9,900	Full
Mat Pilates Instructor Training G.CNX2/2025- by Chutima. (A prerequisite : Movement Principle)	Balanced Body®	Fir-Sun	9 am - 6 pm	54	20-Jun-25	21-Jul-25	55,000	Full
Mat Pilates Instructor Training G.CNX3/2025- by Chutima. (A prerequisite : Movement Principle)	Balanced Body®	Sat - Tue	9 am - 6 pm	54	9-Aug-25	8-Sep-25	55,000	Full
Mat Pilates Instructor Training G.CNX1/2025- English Programme by Chutima. (A prerequisite : Movement Principle)	Balanced Body®	Sat - Tue	9 am - 6 pm	54	22-Nov-25	1-Dec-25	55,000	08-Nov-25
Reformer Pilates Instructor Training G.CNX3/2025- by Chutima. (A prerequisite : Movement Principle)	Balanced Body®	Sat-Mon	9 am - 6 pm	72	30-Aug-25	20-Oct-25	88,400	09-Aug-25
Reformer Pilates Instructor Training G.CNX1/2025 - English Programme by Chutima. (A prerequisite : Movement Principle)	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. (A prerequisite : Movement Principle , Mat, Reformer)	Balanced Body®	Sat-Mon	9 am - 6 pm	60	4-Oct-25	17-Nov-25	78,300	20-Sep-25
CONTINUING EDUCATION COURSES: CECS		DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
JUNE								
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) at MOOV Bangkok		Sun	9 am - 4 pm	0.6	22-Jun	22-Jun	6,100	Full
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 - HATYAI at ABS-CEN	FIT®	Sat	10 am - 1 pm	0	28-Jun	28-Jun	2,600	Full
JULY								
Weight Training 101 - by Durongkorn	FIT®	Fri	9 am - 4 pm	0	4-Jul	4-Jul	4,900	20-Jun-25
AIRFIT BUNGEE Instructor Training - by Sivavut Mathong at Panya Sport Complex	ACE®	Sun	9 am - 6 pm	2.5	6-Jul	20-Jul	35,000	22-Jun-25
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	Full
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 - PHUKET at Alpha Health Club	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 - CHIANG MAI at Lion Fitness (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
ANATOMY in Three Dimesion® - by Apittiya (exclude manual fee 2,600 THB)	Balanced Body®	Sat-Mon	9 am - 4 pm	1.6	2-Aug	4-Aug	18,900	19-Jul-25
Functional Training 101 - Thai by Master Coach Farn Sritrairattana	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 - CHIANG MAI at Lion Fitness (Bundle with Sports Nutrition in Practice for 15% discount)	FIT®	Sun	9 am - 5 pm	0.7	3-Aug	4-Aug	6,100	20-Jul-25
Weight Training Program for Success - by Phasin	REBEL	Sun	9 am - 4 pm	0	10-Aug	10-Aug	4,900	27-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
Sports Massage - by Pimruk & Newton EM Physiology Team	FIT®	Mon&Tue	9 am - 4 pm	0	18-Aug	19-Aug	7,900	4-Aug-25
September								
Big Lift Fundamentals - Thai by Wongsatorn	FIT®	Sat	1 pm - 4.15 pm	0.3	6-Sep	6-Sep	4,100	23-Aug-25
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
Advanced Muscle and Strength Development - Thai by Noppadol	FIT®	Sat & Sun	9 am - 4 pm	1.2	13-Sep	14-Sep	9,400	30-Aug-25
Golf Fitness Workshop - by Vatin (Bundle with SPE for Golfer for 15% discount)	FIT®	Wed-Thu	9 am - 5 pm	0	24-Sep	25-Sep	8,300	10-Sep-25



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