



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 UBON/2025) - UBON RATCHATHANI @Prodigy Sport & Fitness Club Sandsook	ACE® / FIT®	Fri, Sat, Sun	9 am - 4 pm	96	15-Aug-25	14-Sep-25	44,000	8-Aug-25
Certified Personal Trainer - English (EPT Group 2/2025)	ACE® / FIT®	Tue&Thu	9 am - 4 pm	96	23-Sep-25	25-Nov-25	44,000	9-Sep-25
Certified Personal Trainer - Thai (PT Group 21/2025)	ACE® / FIT®	Sat	9 am - 4 pm	96	4-Oct-25	21-Feb-26	44,000	22-Sep-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 Group 20/2025)	ACE® / FIT®	Tue&Thu	9 am - 4 pm	96	7-Oct-25	4-Dec-25	44,000	23-Sep-25
Certified Personal Trainer - Thai (PT CNX2/2025) - CHIANG MAI @Lion Fitness	ACE® / FIT®	Fri, Sat, Sun	9 am - 4 pm	96	24-Oct-25	23-Nov-25	44,000	Full
Remark: ACE Personal Trainer Exam Preparation Course								
SPORT CONDITIONING		DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
Certified Strength and Conditioning Specialist-Thai (Exclude NSCA-CSCS textbook)	NSCA® /CSCS®	Tue	9 am - 4 pm	72	30-Sep-25	23-Dec-25	43,300	16-Sep-25
Certified Strength and Conditioning Specialist-Thai (Exclude NSCA-CSCS textbook) - CHIANG MAI @Training Box	NSCA® /CSCS®	Fri, Sat, Sun	9 am - 4 pm	72	3-Oct-25	2-Nov-25	43,300	19-Sep-25
YOGA		DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
200 hours Hatha Vinyasa Yoga Teacher Training - Thai by Kru Jimmy		Thu-Sun	9 am - 4 pm	200	2-Oct-25	8-Feb-26	69,000	18-Sep-25
PILATES INSTRUCTOR TRAINING : at FIT Thailand, BANGKOK		DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
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.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	Full
Reformer Pilates Instructor Training G6/2025 - Thai Sugulaya <i>(A prerequisite : Movement Principle)</i>	Balanced Body®	Thu	9 am - 4 pm	72	16-Oct-25	12-Feb-26	88,400	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	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	1-Nov-25	30-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.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.CNX2/2025 - by Chutima.	Balanced Body®	Sat & Sun	8 am - 6 pm	18	1-Nov-25	2-Nov-25	17,000	18-Oct-25
Mat Pilates Instructor Training G.CNX3/2025 - by Chutima. <i>(A prerequisite : Movement Principle)</i>	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 - 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	Full
Reformer Pilates Instructor Training G.CNX3/2025 - by Chutima. <i>(A prerequisite : Movement Principle)</i>	Balanced Body®	Sat-Mon	9 am - 6 pm	72	30-Aug-25	20-Oct-25	88,400	Full
Reformer Pilates Instructor Training G.CNX1/2025 - 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®	Sat-Mon	9 am - 6 pm	60	4-Oct-25	17-Nov-25	78,300	20-Sep-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	18	6-Dec-25	7-Dec-25	17,000	23-Nov-25
CONTINUING EDUCATION COURSES: CECS		DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
AUGUST								
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	Full
Sports Massage - by Pimruk & Newton EM Physiology Team	FIT®	Mon&Tue	9 am - 4 pm	0	18-Aug	19-Aug	7,900	Full
Weight Loss Specialist - Thai by Wiradech	Fri&Sat	9 am - 4 pm	9 am - 4 pm	1.2	22-Aug	23-Aug	9,400	8-Aug-25
Build Distance Runner - by Phongsakon(Performark Strength & Run) & Ratanyoo(Muscle Clinicz) @MOOV Bangkok	ACE®	Sun	9 am - 4 pm	0.6	31-Aug	31-Aug	6,100	Full
September								
Training Pregnant & Post-Partum Clients - by Sugulaya	FIT®	Tue	9 am - 4 pm	0.6	2-Sep	2-Sep	5,200	19-Aug-25
Partner Stretching Workshop (for all fitness levels) - by Kru Jimmy	FIT®	Wed	1 - 4 pm	0	3-Sep	3-Sep	2,600	20-Aug-25
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 <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	Full
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
Fitness Nutrition Specialist - by Wiradech	FIT®	Fri & Sat	9 am - 4 pm	1.2	19-Sep	20-Sep	9,400	5-Sep-25
Build Distance Runner - by Phongsakon(Performark Strength & Run) & Ratanyoo(Muscle Clinicz) HATYAI @COZMOGYM	ACE®	Sun	9 am - 4 pm	0.6	21-Sep	21-Sep	6,100	7-Sep-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
Strength and Power Exercises for Golfer - Thai by Vatin (Bundle with Golf Fitness Workshop for 15% discount)	FIT®	Fri	9 am - 4.30 pm	0	26-Sep	26-Sep	4,900	12-Sep-25
Programing for Maximum Strength and Hypertrophy - Thai by Wongsatorn	FIT®	Sat	9.30 am - 3.30 pm	0.5	27-Sep	27-Sep	6,850	13-Sep-25
Olympic Weightlifting Seminar - by Iron Hive® Team	Iron Hive®	Sat 9AM-4PM	Sun 12PM- 6PM	1.2	27-Sep	28-Sep	8,900	14-Sep-25
Sports Massage - by Pimruk&Newton EM Physiology Team HATYAI @ABS-CEN Boutique Studio ,Central Hatyai	FIT®	Sat-Sun	9 am - 4 pm	0	27-Sep	28-Sep	7,900	14-Sep-25
Sports Nutrition in Practice - Thai by Kriyot	FIT®	Sun	9 am - 5 pm	0.7	28-Sep	28-Sep	6,100	14-Sep-25
October								
Practical Nutrition for Active People by Krisadee & Utchima. @Little Sunshine Café; WITTHAYU ROAD		Sat	9 am - 3 pm	0	4-Oct	4-Oct	7,300	20-Sep-25
Aquatic Fitness Professional (Level 1) - by Pimruk, Kriyot,Pornpana,Wiraporn	FIT®	Sat & Sun	9 am - 4 pm	1.2	4-Oct	5-Oct	9,400	20-Sep-25
Senior Fitness Specialist - by Atikarn	FIT®	Sat-Sun	9 am - 4 pm	1.2	4-Oct	5-Oct	9,400	20-Sep-25
Partner Stretching Workshop (for all fitness levels) - by Kru Jimmy HATYAI @ABS-CEN Boutique Studio ,Central Hatyai	FIT®	Sat	10 am - 1 pm	0	25-Oct	25-Oct	2,600	11-Oct-25
Weight Training 101 - by Durongkorn	FIT®	Sat	9 am - 4 pm	0	25-Oct	25-Oct	4,900	11-Oct-25
Nutrition for Fitness Performance by Kriyot	FIT®	Sun	9 am - 4 pm	0	26-Oct	26-Oct	5,200	12-Oct-25
Training Clients with Lower Back Pain - Thai by Sompat	FIT®	Mon	9 am - 4 pm	0.6	27-Oct	27-Oct	5,200	13-Oct-25
NOVEMBER								
Sports Massage - by Pimruk&Newton EM Physiology Team	FIT®	Sat & Sun	9 am - 4 pm	0	15-Nov	16-Nov	7,900	1-Nov-25
Introduction to Pilates Anatomy by Apittiya <i>(include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger)</i>	FIT®	Wed & Thu	9 am - 4 pm	0	19-Nov	20-Nov	9,900	5-Nov-25
Pre & Post RehabTraining - by Sompat	FIT®	Mon	9 am - 4 pm	0.6	24-Nov	24-Nov	5,200	10-Nov-25
DECEMBER								
Sports Massage - by Pimruk&Newton EM Physiology Team	FIT®	Sat-Sun	9 am - 4 pm	0	13-Dec	14-Dec	7,900	30-Nov-25
FEBRUARY								



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CERTIFICATION COURSES	RECOGNISED BY	DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
Movement Preparation Specialist - English Programme by Tarek, FTI & Kelvin Panuwat (Bundle with FTI Movement Prep for 15% discount)	FTI	Sat	9 am - 5 pm	0.8	21-Feb	21-Feb	6,900	7-Feb
Integrated Movement Coach - English Programme by Tarek, FTI & Kelvin Panuwat (Bundle with FTI Integrated movement for 15% discount)	FTI	Sun & Mon	9 am - 6 pm	1.4	22-Feb	23-Feb	10,900	8-Feb
ONLINE AND HYBRID COURSES		ONLINE PLATFORM		DURATION	STARTS	ENDS	SPECIAL RATE	EARLY BIRD ENDS
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)		DAYS	TIME	DURATION			REGULAR RATE	EARLY BIRD ENDS
MORNING sessions: 14 Sep(UBP), 27 Sep(PT7), 29 Sep(PT17), 2 Oct(PT18), 6 Oct(PT16), 19 Oct(PT8), 23 Nov(CNX), 25 Nov(EPT), 30 Nov(PT15), 3 Dec(PT19), 4 Dec(PT20), 21 Feb(PT21)	FIT®	1 Day	9 am - 12pm	3			2,600	2 weeks before
AFTERNOON sessions: 23 Sep(PT12)	FIT®	1 Day	1 pm - 4 pm	3			2,600	2 weeks before
UPDATED :								6-Aug-25



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