



COURSE SCHEDULE UPDATE

ตารางอบรมหลักสูตรประกาศนียบัตรวิชาชีพและหลักสูตรต่อเนื่องระยะสั้น



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EDUCATING AND EMPOWERING FITNESS PROFESSIONALS

CERTIFICATION COURSES	RECOGNISED BY	DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
PERSONAL TRAINER CERTIFICATION								
Certified Personal Trainer - Thai (PT Intensive/2026)	ACE® / FIT®	Mon-Fri	9 am - 4 pm	78	08-Jun-26	26-Jun-26	47,800	Full
Certified Personal Trainer - Thai (PT Group 10/2026)	ACE® / FIT®	Mon,Wed,Fri	9 am - 12 pm	99	29-Jun-26	21-Sep-26	47,800	Full
Certified Personal Trainer - Thai (PT Group 11/2026)	ACE® / FIT®	Sat&Sun	9 am - 4 pm	99	15-Aug-26	17-Oct-26	47,800	Full
Certified Personal Trainer - Thai (PT Group 12/2026)	ACE® / FIT®	Tue&Thu	9 am - 4 pm	99	04-Aug-26	29-Sep-26	47,800	Full
Certified Personal Trainer - Thai (PT Group 13/2026)	ACE® / FIT®	Mon&Wed	9 am - 4 pm	99	03-Aug-26	30-Sep-26	47,800	Full
Certified Personal Trainer - Thai (PT Group 14/2026)	ACE® / FIT®	Sat	9 am - 4 pm	99	15-Aug-26	19-Dec-26	47,800	Full
Certified Personal Trainer - Thai (PT Group 15/2026)	ACE® / FIT®	Mon,Wed,Fri	9 am - 12 pm	99	28-Sep-26	18-Dec-26	47,800	14-Sep-26
Certified Personal Trainer - Eng (EPT Group 2/2026)	ACE® / FIT®	Tue&Thu	9 am - 4 pm	99	15-Sep-26	12-Nov-26	47,800	01-Sep-26
Certified Personal Trainer - Thai (PT HKT1/2026) - PHUKET @Alpha Health Club	ACE® / FIT®	Fri, Sat, Sun	9 am - 4 pm	84	10-Jul-26	23-Aug-26	47,800	26-Jun-26
Certified Personal Trainer - Thai (PT CNX2/2026) - CHIANG MAI @Lion Fitness	ACE® / FIT®	Fri, Sat, Sun	9 am - 4 pm	84	04-Sep-26	04-Oct-26	47,800	Full
<i>Remark: ACE Personal Trainer Exam Preparation Course</i>								
Certified Strength and Conditioning Specialist								
Certified Strength and Conditioning Specialist -Thai by Kamonchai	NSCA	Tue	9 am - 4 pm	78	30-Jun-26	06-Oct-26	45,200	16-Jun-26
YOGA :								
200 hours Hatha Vinyasa Yoga Teacher Training - Thai by Kru Jimmy	Yoga Alliance	Thu-Sun	9 am - 4 pm	200	23-Jul-26	25-Oct-26	69,000	09-Jul-26
PILATES INSTRUCTOR TRAINING :								
Movement Principles & Pilates Essentials G8/2026 - Thai by Sugulaya	Balanced Body®	Tue	9 am - 4 pm	18	16-Jun-26	30-Jun-26	18,600	Full
Movement Principles & Pilates Essentials G6/2026 - Thai by Apittiya	Balanced Body®	Tue-Thu	9 am - 4 pm	18	07-Jul-26	09-Jul-26	18,600	Full
Movement Principles & Pilates Essentials G7/2026 - Thai by Apittiya	Balanced Body®	Tue-Thu	9 am - 4 pm	18	19-Jul-26	21-Jul-26	18,600	Full
Movement Principles & Pilates Essentials G11/2026 - Thai by Sugulaya	Balanced Body®	Thu	9 am - 4 pm	18	06-Aug-26	20-Aug-26	18,600	23-Jul-26
Movement Principles & Pilates Essentials G9/2026 - Thai by Apittiya	Balanced Body®	Wed-Fri	9 am - 4 pm	18	09-Sep-26	11-Sep-26	18,600	26-Aug-26
Movement Principles & Pilates Essentials G10/2026 - Thai by Apittiya	Balanced Body®	Wed-Fri	9 am - 4 pm	18	14-Oct-26	16-Oct-26	18,600	30-Sep-26
Mat Pilates Instructor Training G4/2026 - Thai by Sugulaya <i>(A prerequisite : Movement Principle)</i>	Balanced Body®	Sat-Mon	9 am - 4 pm	54	25-Jul-26	24-Aug-26	57,800	11-Jul-26
Mat Pilates Instructor Training G5/2026 - Thai by Apittiya <i>(A prerequisite : Movement Principle)</i>	Balanced Body®	Tue	9 am - 4 pm	54	22-Sep-26	08-Dec-26	57,800	08-Sep-26
Reformer Pilates Instructor Training G5/2026 - Thai by Apittiya <i>(A prerequisite : Movement Principle)</i>	Balanced Body®	Sat	9 am - 6 pm	72	12-Sep-26	21-Nov-26	92,800	Full
Apparatus Instructor Training 3/2026 - Thai by Sugulaya <i>(A prerequisite : Movement Principle , Mat, Reformer)</i>	Balanced Body®	Sat-Mon	9 am - 4 pm	60	13-Jun-26	10-Aug-26	82,200	30-May-26
Apparatus Instructor Training 4/2026 - Thai by Apittiya <i>(A prerequisite : Movement Principle , Mat, Reformer)</i>	Balanced Body®	Sun	9 am - 4 pm	60	20-Sep-26	22-Nov-26	82,200	06-Sep-26
CONTINUING EDUCATION COURSES: CECS								
JUNE								
AIRFIT BUNGEE Instructor Training - by Sivavut Mathong @NC56 Fitness, Bangkok	ACE®	Mon - Wed	9 am - 6 pm	2.5	1-Jun	3-Jun	35,000	25-May-26
Introduction to Anatomy for Pilates by Apittaya <i>(include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger)</i>	FIT®	Tue & Wed	9 am - 4 pm	18	2-Jun	3-Jun	10,400	Full
Precision Training for Maximum Hypertrophy - Thai by Phat Itthiphat	FIT®	Fri	9 am - 5 pm	0	5-Jun	5-Jun	4,900	Full
TFC - THAILAND FITNESS CONFERENCE	FIT® & Fit-D	Sat & Sun	9 am - 5 pm	1.1	6-Jun	7-Jun	7,900	Last 10 spaces!
Senior Fitness Specialist - Thai by Atikarn	FIT®	Sat & Sun	9 am - 4 pm	1.2	6-Jun	7-Jun	9,900	Full
Weight Training 101 - by Durongkorn	FIT®	Fri	9 am - 4 pm	0	12-Jun	12-Jun	5,200	Full
Sports Massage - by Pimruk&Newton EM Physiology Team @Lion Fitness CHIANG MAI	FIT®	Fri&Sat	9 am - 4 pm	0	12-Jun	13-Jun	8,300	29-May-26
Sports Nutrition in Practice - Thai by Kriyot	FIT®	Sun	9 am - 5 pm	0.7	14-Jun	14-Jun	6,400	31-May-26
Fit® Women Fitness Essentials - Thai by Atikarn	FIT®	Wed	9 am - 4 pm	0.6	17-Jun	17-Jun	5,500	Full
ANATOMY in Three Dimension® - by Apittiya <i>(exclude manual fee 2,600 THB)</i>	Balanced Body®	Tue - Thu	9 am - 4 pm	1.6	23-Jun	25-Jun	18,900	Full
Weight Loss Specialist - Thai by Wiradech	FIT®	Fri&Sat	9 am - 4 pm	1.2	26-Jun	27-Jun	9,900	Full
Sports Massage - by Pimruk&Newton EM Physiology Team	FIT®	Sat & Sun	9 am - 4 pm	0	27-Jun	28-Jun	8,300	Full
Youth Exercise Essentials - by Kittinan	FIT®	Fri	9 am - 4 pm	0.6	29-Jun	29-Jun	5,500	Full
JULY								
Big Lift Fundamentals - Thai by Wongsatorn	FIT®	Sat	1 pm - 4 pm	0.3	04-Jul	04-Jul	4,300	20-Jun-26
Partner Stretching Workshop (for all fitness levels) - by Kru Jimmy	FIT®	Mon	1 - 4 pm	0	06-Jul	06-Jul	2,800	22-Jun-26
Weight Training Program for Success - by Phasin	REBEL	Sun	9 am - 4 pm	0	12-Jul	12-Jul	4,900	28-Jun-26
Anatomy Analysis- by Pimruk&Newton EM Physiology Team New!	FIT®	Mon-Tue	9 am - 4 pm	1.2	13-Jul	14-Jul	9,900	29-Jun-26
Golf Fitness Workshop - by Vatin (Bundle with SPE for Golfer for 15% discount)	FIT®	Fri-Sat	9 am - 5 pm	0	24-Jul	25-Jul	8,700	10-Jul-26
Strength and Power Exercises for Golfer - Thai by Vatin (Bundle with Golf Fitness Workshop for 15% discount)	FIT®	Sun	9 am - 4.30 pm	0	26-Jul	26-Jul	5,200	12-Jul-26
Sports Massage - by Pimruk&Newton EM Physiology Team	FIT®	Thu & Fri	9 am - 4 pm	0	30-Jul	31-Jul	8,300	16-Jul-26
AUGUST								
Training Clients with Lower Back Pain - Thai by Sompat	FIT®	Tue	9 am - 4 pm	0.6	4-Aug	4-Aug	5,500	21-Jul-26
Aquatic Fitness Professional (Level 1) - by Pimruk, Kriyot,Pornpana,Wiraporn	FIT®	Sat & Sun	9 am - 4 pm	1.2	15-Aug	16-Aug	9,400	01-Aug-26
Introduction to Anatomy for Pilates by Chutima CHIANG MAI @CHU Pilates <i>(include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger)</i>	FIT®	Sat & Sun	9 am - 4 pm	18	22-Aug	23-Aug	10,400	08-Aug-26
Sports Massage - by Pimruk&Newton EM Physiology Team	FIT®	Sat & Sun	9 am - 4 pm	0	22-Aug	23-Aug	8,300	8-Aug-26
Pre & Post Rehab Training - by Sompat	FIT®	Tue	9 am - 4 pm	0.6	25-Aug	25-Aug	5,500	11-Aug-26
Functional Training 101 - Thai by Master Coach Farn Sritrairattana	Twist®	Sun & Sun	9 am - 5 pm	1.2	29-Aug	30-Aug	9,900	15-Aug-26
SEPTEMBER								
BOOTYLICIOUS – Training techniques & programming to build 3D GLUTES by Jerrican Tan <i>(English with Thai translation)</i>	FEA	Friday	9 am - 4 pm	0.4	11-Sep	11-Sep	5,200	28-Aug-26
Introduction to Anatomy for Pilates by Apittaya <i>(include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger)</i>	FIT®	Tue & Wed	9 am - 4 pm	18	15-Sep	16-Sep	10,400	01-Sep-26
ONLINE AND HYBRID COURSES								
			ONLINE PLATFORM	DURATION	STARTS	ENDS	SPECIAL RATE	EARLY BIRD ENDS



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CERTIFICATION COURSES	RECOGNISED BY	DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
Anatomy 101 (Thai Programme)	FIT*	3 hours ONLINE via Teachable		3 hr	when apply	within 1 year	959	-
BASIC LIFE SUPPORT (CPR , AED AND CHOKING)		DAYS	TIME	DURATION			REGULAR RATE	EARLY BIRD ENDS
MORNING sessions: 10 Jun (PT4), 14 Jun (PT-KKC), 20 Jun (PT6), 25 Jun (IPT), 2 July (PT8), 20 Jul (PT9), 8 Aug (PT3), 16 Aug (PT5), 23 Aug (PT-Phuket), 18 Sep (PT10), 29 Sep (PT12), 30 Sep (PT13), 4 Oct (PT-Chaingmai), 17 Oct (PT11), 12 Nov (EPT), 19 Dec (PT14)	FIT*	Half Day	9 am - 12pm	3 hr			2,800	2 weeks before
AFTERNOON sessions: 27 Aug (PT7)	FIT*	Half Day	1 pm - 4pm	3 hr			2,800	2 weeks before

UPDATED : 27-May-26