

ENJOY 15% DISCOUNT HAPPY 21ST ANNIVERSARY FIT THAILAND ENJOY 15% DISCOUNT HAPPY 21ST ANNIVERSARY FIT THAILAND ENJOY 15% DISCOUNT HAPPY 21ST ANNIVERSARY FIT THAILAND ENJOY 15% DISCOUNT



เพียงจับคู่สมัครคอร์สสั้นคอร์สไหนก็ได้ 2 คอร์ส รับส่วนลดทันที 15%



ENJOY 15% DISCOUNT HAPPY 21ST ANNIVERSARY FIT THAILAND ENJOY 15% DISCOUNT HAPPY 21ST ANNIVERSARY FIT THAILAND ENJOY 15% DISCOUNT HAPPY 21ST ANNIVERSARY FIT THAILAND ENJOY 15% DISCOUNT

JULY	RECOGNISED BY	DAYS	TIME	CECs	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
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	FIT*	Mon-Tue	9 am - 4 pm	1.2	13-Jul	14-Jul	9,900	29-Jun-26
Training Pregnant & Post-Partum Clients - by Sugulaya	FIT*	Sat	9 am - 4 pm	0	18-Jul	18-Jul	5,500	Full
Golf Fitness Workshop - by Vatin	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	FIT*	Sun	9 am - 4.30 pm	0	26-Jul	26-Jul	5,200	12-Jul-26
AIRFIT BUNGEE Instructor Training - by Sivavut Mathong @Nuanchan, Bangkok	ACE*	Mon - Wed	9 am - 6 pm	2.5	27-Jul	29-Jul	35,000	13-Jul-26
Precision Training for Maximum Hypertrophy - Thai by Phat Itthiphat	FIT*	Mon	9 am - 5 pm	0	27-Jul	27-Jul	4,900	13-Jul-26
Sports Massage - by Pimruk&Newton EM Physiology Team	FIT*	Thu & Fri	9 am - 4 pm	0	30-Jul	31-Jul	8,300	Full
AUGUST	RECOGNISED BY	DAYS	TIME	CECs	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
Training Clients with Lower Back Pain - Thai by Sompatt	FIT*	Tue	9 am - 4 pm	0.6	4-Aug	4-Aug	5,500	21-Jul-26
Weight Training 101 - by Durongkorn	FIT*	Tue	9 am - 4 pm	0	11-Aug	11-Aug	5,200	28-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	46235
Olympic Weightlifting Seminar - by Iron Hive® Team	Iron Hive®	Sat 9am-3pm Sun 12pm-6pm		1.2	15-Aug	16-Aug	9,300	1-Aug-26
Women Fitness Essentials - Thai by Atikarn - CHIANG MAI @Lion Fitness	FIT*	Sun	9 am - 4 pm	0.6	16-Aug	16-Aug	5,500	2-Aug-26
Youth Exercise Essentials - by Kittinan	FIT*	Mon	9 am - 4 pm	0.6	17-Aug	17-Aug	5,500	3-Aug-26
Introduction to Anatomy for Pilates by Chutima CHIANG MAI @CHU Pilates (include Pilates Anatomy book by Rael I/Karen C)	FIT*	Sat & Sun	9 am - 4 pm	18	22-Aug	23-Aug	10,400	8-Aug-26
Sports Massage - by Pimruk&Newton EM Physiology Team	FIT*	Sat & Sun	9 am - 4 pm	0	22-Aug	23-Aug	8,300	46242
Pre & Post Rehab Training - by Sompatt	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 Srirattana	Twist*	Sun & Sun	9 am - 5 pm	1.2	29-Aug	30-Aug	9,900	15-Aug-26
SEPTEMBER	RECOGNISED BY	DAYS	TIME	CECs	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
Anatomy Analysis- by Pimruk&Newton EM Physiology Team	FIT*	Wed & Thu	9 am - 4 pm	1.2	2-Sep	3-Sep	9,900	19-Aug-26
Partner Stretching Workshop (for all fitness levels)- by Kru Jimmy	FIT*	Mon	1 - 4 pm	0	7-Sep	7-Sep	2,800	24-Aug-26
Introduction to Anatomy for Pilates by Apittaya (include Pilates Anatomy book by Rael I/Karen C)	FIT*	Tue & Wed	9 am - 4 pm	18	15-Sep	16-Sep	10,400	Full
Senior Fitness Specialist - Thai by Atikarn	FIT*	Sat & Sun	9 am - 4 pm	1.2	26-Sep	27-Sep	9,900	12-Sep-26
OCTOBER	RECOGNISED BY	DAYS	TIME	CECs	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
BOOTYLICIOUS - Training techniques & programming to build 3D GLUTES by Jerrican Tan (English with Thai translation)	FEA	Sat	9 am - 4 pm	0.4	10-Oct	10-Oct	5,200	26-Sep-26
Introduction to Anatomy for Pilates by Chutima CHIANG MAI @CHU Pilates (include Pilates Anatomy book by Rael I/Karen C)	FIT*	Wed-Thu	9 am - 4 pm	18	21-Oct	22-Oct	10,400	7-Oct-26
NOVEMBER	RECOGNISED BY	DAYS	TIME	CECs	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
Training Pregnant & Post-Partum Clients - by Sugulaya	FIT*	Sat	9 am - 4 pm	0	7-Nov	7-Nov	5,500	24-Oct-26
BASIC LIFE SUPPORT (CPR , AED AND CHOKING)		DAYS	TIME	DURATION			REGULAR RATE	EARLY BIRD ENDS
MORNING sessions: 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), 2 Dec (PT16), 18 Dec (PT15), 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 :								8-Jul-26

สอบถามรายละเอียด โทร. 02 650 9242
แสดกับเจ้าหน้าที่ผ่าน LINE OA: @fit.thailand หรือ สแกน QR Code เพื่อลงทะเบียน





JULY	RECOGNISED BY	DAYS	TIME	CECs	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
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	FIT®	Mon-Tue	9 am - 4 pm	1.2	13-Jul	14-Jul	9,900	29-Jun-26
Training Pregnant & Post-Partum Clients - by Sugulaya	FIT®	Sat	9 am - 4 pm	0	18-Jul	18-Jul	5,500	Full
Golf Fitness Workshop - by Vatin	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	FIT®	Sun	9 am - 4.30 pm	0	26-Jul	26-Jul	5,200	12-Jul-26
AIRFIT BUNGEE Instructor Training - by Sivavut Mathong @Nuanchan, Bangkok	ACE®	Mon - Wed	9 am - 6 pm	2.5	27-Jul	29-Jul	35,000	13-Jul-26
Precision Training for Maximum Hypertrophy - Thai by Phat Itthiphat	FIT®	Mon	9 am - 5 pm	0	27-Jul	27-Jul	4,900	13-Jul-26
Sports Massage - by Pimruk&Newton EM Physiology Team	FIT®	Thu & Fri	9 am - 4 pm	0	30-Jul	31-Jul	8,300	Full
AUGUST	RECOGNISED BY							
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
Weight Training 101 - by Durongkorn	FIT®	Tue	9 am - 4 pm	0	11-Aug	11-Aug	5,200	28-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	46235
Olympic Weightlifting Seminar - by Iron Hive® Team	Iron Hive®	Sat 9am-3pm	Sun 12pm- 6pm	1.2	15-Aug	16-Aug	9,300	1-Aug-26
Women Fitness Essentials - Thai by Atikarn - CHIANG MAI @Lion Fitness	FIT®	Sun	9 am - 4 pm	0.6	16-Aug	16-Aug	5,500	2-Aug-26
Youth Exercise Essentials - by Kittinan	FIT®	Mon	9 am - 4 pm	0.6	17-Aug	17-Aug	5,500	3-Aug-26
Introduction to Anatomy for Pilates by Chutima CHIANG MAI @CHU Pilates (include Pilates Anatomy book by Rael I/Karen C)	FIT®	Sat & Sun	9 am - 4 pm	18	22-Aug	23-Aug	10,400	8-Aug-26
Sports Massage - by Pimruk&Newton EM Physiology Team	FIT®	Sat & Sun	9 am - 4 pm	0	22-Aug	23-Aug	8,300	46242
Pre & Post RehabTraining - 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 Sritraitattana	Twist®	Sun & Sun	9 am - 5 pm	1.2	29-Aug	30-Aug	9,900	15-Aug-26
SEPTEMBER	RECOGNISED BY							
Anatomy Analysis- by Pimruk&Newton EM Physiology Team	FIT®	Wed & Thu	9 am - 4 pm	1.2	2-Sep	3-Sep	9,900	19-Aug-26
Partner Stretching Workshop (for all fitness levels)- by Kru Jimmy	FIT®	Mon	1 - 4 pm	0	7-Sep	7-Sep	2,800	24-Aug-26
Introduction to Anatomy for Pilates by Apittaya (include Pilates Anatomy book by Rael I/Karen C)	FIT®	Tue & Wed	9 am - 4 pm	18	15-Sep	16-Sep	10,400	Full
Senior Fitness Specialist - Thai by Atikarn	FIT®	Sat & Sun	9 am - 4 pm	1.2	26-Sep	27-Sep	9,900	12-Sep-26
OCTOBER	RECOGNISED BY							
BOOTYLICIOUS – Training techniques & programming to build 3D GLUTES by Jerrican Tan (English with Thai translation)	FEA	Sat	9 am - 4 pm	0.4	10-Oct	10-Oct	5,200	26-Sep-26
Introduction to Anatomy for Pilates by Chutima CHIANG MAI @CHU Pilates (include Pilates Anatomy book by Rael I/Karen C)	FIT®	Wed-Thu	9 am - 4 pm	18	21-Oct	22-Oct	10,400	7-Oct-26
NOVEMBER	RECOGNISED BY							
Training Pregnant & Post-Partum Clients - by Sugulaya	FIT®	Sat	9 am - 4 pm	0	7-Nov	7-Nov	5,500	24-Oct-26
BASIC LIFE SUPPORT (CPR , AED AND CHOKING)		DAYS	TIME	DURATION			REGULAR RATE	EARLY BIRD ENDS
MORNING sessions: 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), 2 Dec (PT16), 18 Dec (PT15), 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



ตรวจสอบตารางอบรมและโปรโมชั่นล่าสุด ที่นี่!

COURSE SCHEDULE & PROMOTION

WEEKLY UPDATES!

EDUCATING AND EMPOWERING FITNESS PROFESSIONALS



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NEW UPDATE



CERTIFICATION COURSES	RECOGNISED BY	DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
PERSONAL TRAINER CERTIFICATION								
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 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
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 Group 15/2026)	ACE® / FIT®	Mon,Wed,Fri	9 am - 12 pm	99	28-Sep-26	18-Dec-26	47,800	Full
Certified Personal Trainer - Thai (PT Group 16/2026)	ACE® / FIT®	Mon&Wed	9 am - 4 pm	99	05-Oct-26	02-Dec-26	47,800	Full
Certified Personal Trainer - Thai (PT Group 17/2026)	ACE® / FIT®	Tue&Thu	9 am - 4 pm	99	20-Oct-26	17-Dec-26	47,800	06-Oct-26
Remark: ACE Personal Trainer Exam Preparation Course								
YOGA TEACHER :	RECOGNISED BY	DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
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 :	RECOGNISED BY	DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
Movement Principles & Pilates Essentials G7/2026 - Thai by Apittiya	Balanced Body®	Sun-Tue	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	Full
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	Full
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	Full
Movement Principles & Pilates Essentials G12/2026 - Thai by Sugulaya	Balanced Body®	Wed-Fri	9 am - 4 pm	18	07-Oct-26	09-Oct-26	18,600	Full
Mat Pilates Instructor Training G4/2026 - Thai by Sugulaya (A prerequisite : Movement Principle)	Balanced Body®	Sat-Mon	9 am - 4 pm	54	25-Jul-26	24-Aug-26	57,800	Full
Mat Pilates Instructor Training G5/2026 - Thai by Apittiya (A prerequisite : Movement Principle)	Balanced Body®	Tue	9 am - 4 pm	54	22-Sep-26	08-Dec-26	57,800	Full
Reformer Pilates Instructor Training G5/2026 - Thai by Apittiya (A prerequisite : Movement Principle)	Balanced Body®	Sat	9 am - 6 pm	72	12-Sep-26	21-Nov-26	92,800	Full
Apparatus Instructor Training 4/2026 - Thai by Apittiya (A prerequisite : Movement Principle , Mat, Reformer)	Balanced Body®	Sun	9 am - 4 pm	60	20-Sep-26	22-Nov-26	82,200	Full
Apparatus Instructor Training 5/2026 - Thai by Sugulaya (A prerequisite : Movement Principle , Mat, Reformer)	Balanced Body®	Thu	9 am - 5 pm	60	15-Oct-26	17-Dec-26	82,200	01-Oct-26
CONTINUING EDUCATION / WORKSHOPS	RECOGNISED BY	DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
JULY	RECOGNISED BY							
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 	FIT®	Mon-Tue	9 am - 4 pm	1.2	13-Jul	14-Jul	9,900	29-Jun-26
Training Pregnant & Post-Partum Clients - by Sugulaya	FIT®	Sat	9 am - 4 pm	0	18-Jul	18-Jul	5,500	Full
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
AIRFIT BUNGEE Instructor Training - by Sivavut Mathong @Nuanchan, Bangkok	ACE®	Mon - Wed	9 am - 6 pm	2.5	27-Jul	29-Jul	35,000	13-Jul-26
Precision Training for Maximum Hypertrophy - Thai by Phat Itthiphat 	FIT®	Mon	9 am - 5 pm	0	27-Jul	27-Jul	4,900	13-Jul-26
Sports Massage - by Pimruk&Newton EM Physiology Team	FIT®	Thu & Fri	9 am - 4 pm	0	30-Jul	31-Jul	8,300	Full
JULY is our Birthday Month!  SPECIAL WORKSHOP	SESSION TYPE	DAYS	TIME	ROOM	STARTS	ENDS	Registration fees (per session)	
Celebrate FIT Thailand's 21st Anniversary with special workshops all month long. Check the updated weekly schedule below! (2,100 THB per workshop, Certificate of Appreciation included)								
YOGA FOR OFFIC SYNDROME - Thai session by Kru Waewta, Certified Yoga Teacher	Movement / Practical	Fri	1 - 4 pm	401	10-Jul	10-Jul	2,100	-
TRAINING FOR PREVENTION IN RUNNING INJURY - Thai session by Kru A - Kamonchai, Training Manager FIT Thailand	Lecture + Workshop	Wed	9 am - 12 pm	201	22-Jul	22-Jul	2,100	-
HYBRID ATHLETE NUTRITION WORKSHOP - Thai session by Kru Joe - Kriyot, Lecturer and guest speaker at universities	Lecture	Sun	1 - 4 pm	201	26-Jul	26-Jul	2,100	-
AUGUST	RECOGNISED BY							
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
Weight Training 101 - by Durongkorn	FIT®	Tue	9 am - 4 pm	0	11-Aug	11-Aug	5,200	28-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
Olympic Weightlifting Seminar - by Iron Hive® Team	Iron Hive®	Sat 9AM-3PM	Sun 12PM- 6PM	1.2	15-Aug	16-Aug	9,300	01-Aug-26
Women Fitness Essentials - Thai by Atikarn - CHIANG MAI @Lion Fitness	FIT®	Sun	9 am - 4 pm	0.6	16-Aug	16-Aug	5,500	02-Aug-26
Youth Exercise Essentials - by Kittinan	FIT®	Mon	9 am - 4 pm	0.6	17-Aug	17-Aug	5,500	03-Aug-26
Introduction to Anatomy for Pilates by Chutima CHIANG MAI @CHU Pilates (include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger)	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 RehabTraining - 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	RECOGNISED BY							
Anatomy Analysis- by Pimruk&Newton EM Physiology Team 	FIT®	Wed - Thu	9 am - 4 pm	1.2	02-Sep	02-Sep	9,900	19-Aug-26
Partner Stretching Workshop (for all fitness levels)- by Kru Jimmy	FIT®	Mon	1 - 4 pm	0	07-Sep	07-Sep	2,800	24-Aug-26
Introduction to Anatomy for Pilates by Apittaya (include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger)	FIT®	Tue & Wed	9 am - 4 pm	18	15-Sep	16-Sep	10,400	Full
ANATOMY in Thee Dimesion® - by Apittiya (exclude manual fee 2,600 THB)	Balanced Body®	Tue - Thu	9 am - 4 pm	1.6	23-Sep	25-Sep	18,900	09-Sep-26



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WEEKLY UPDATES!

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CERTIFICATION COURSES	RECOGNISED BY	DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
Senior Fitness Specialist - Thai by Atikarn	FIT®	Sat & Sun	9 am - 4 pm	1.2	26-Sep	27-Sep	9,900	12-Sep-26
CoreAlign Instructor Training 1 - by Apittiya (<i>exclude manual fee 2,800 THB</i>)	Balanced Body®	Wed-Fri	9 am - 4 pm	1.6	30-Sep	2-Oct	23,400	16-Sep-26
OCTOBER	RECOGNISED BY							
BOOTYLICIOUS – Training techniques & programming to build 3D GLUTES by Jerrican Tan (English with Thai translation)	 FEA	Sat	9 am - 4 pm	0.4	10-Oct	10-Oct	5,200	26-Sep-26
Introduction to Anatomy for Pilates by Apittaya (<i>include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger</i>)	FIT®	Wed-Thu	9 am - 4 pm	18	21-Oct	22-Oct	10,400	07-Oct-26
NOVEMBER	RECOGNISED BY							
Training Pregnant & Post-Partum Clients - by Sugulaya	FIT®	Sat	9 am - 4 pm	0	07-Nov	07-Nov	5,500	24-Oct-26
ONLINE AND HYBRID COURSES		ONLINE PLATFORM		DURATION	STARTS	ENDS	SPECIAL RATE	EARLY BIRD ENDS
Anatomy 101 (Thai Programme)	FIT®	3 hours ONLINE via Teachable		3 hr	when apply	within 1 year	1,000	-
BASIC LIFE SUPPORT (CPR , AED AND CHOKING)		DAYS	TIME	DURATION			REGULAR RATE	EARLY BIRD ENDS
MORNING sessions: 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), 2 Dec (PT16), 18 Dec (PT15), 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 :

8-Jul-26



21

ANNIVERSARY

Celebration

YOGA

FOR

OFFICE SYNDROME

เปลี่ยนความ ปวดเมื่อยจากการนั่งทำงาน ให้กลับมา เคลื่อนไหวอย่างมีความสุข



Relieve Tension



Improve Posture



Enhance Well-being



Enhance Body & Mind



CERTIFICATE OF ATTENDANCE

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WAEWTA THAMPHIBAL

Certified Yoga Instructor & FIT Thailand Graduate |

Specializing in Yin Yoga and Yoga Therapy

วันศุกร์ที่ 10 กรกฎาคม 2569

TIME

13:00 - 16:00 น.

VENUE

FIT Thailand, BTS Ploenchit #2

REGISTER NOW!

2,100.-



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ครูโจ KRIYOT SUD-SAARD
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TIME
13:00 - 16:00 น.



VENUE
FIT Thailand, BTS Ploenchit #2

REGISTER NOW!

2,100.-






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