



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 Itthiphath	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 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	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 2D 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!



FITTHAI.COM

EDUCATING AND EMPOWERING FITNESS PROFESSIONALS

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			
<i>Remark: ACE Personal Trainer Exam Preparation Course</i>											
YOGA TEACHER :											
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 :											
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 <i>(A prerequisite : Movement Principle)</i>	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 <i>(A prerequisite : Movement Principle)</i>	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 <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 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	Full			
Apparatus Instructor Training 5/2026 - Thai by Sugulaya <i>(A prerequisite : Movement Principle , Mat, Reformer)</i>	Balanced Body®	Thu	9 am - 5 pm	60	15-Oct-26	17-Dec-26	82,200	01-Oct-26			
CONTINUING EDUCATION / WORKSHOPS											
JULY											
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			
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 Itthiphath New!	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											
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)				SESSION TYPE	DAYS	TIME	ROOM	STARTS	ENDS	Registration fees (per session)	
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											
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 <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											
Anatomy Analysis- by Pimruk&Newton EM Physiology Team New!				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 <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	Full
ANATOMY in Thee Dimesion® - by Apittiya <i>(exclude manual fee 2,600 THB)</i>				Balanced Body®	Tue - Thu	9 am - 4 pm	1.6	23-Sep	25-Sep	18,900	09-Sep-26



ตรวจสอบตารางอบรมและโปรโมชั่นล่าสุด ที่นี่!

COURSE SCHEDULE & PROMOTION WEEKLY UPDATES!



FITTHAI.COM

EDUCATING AND EMPOWERING FITNESS PROFESSIONALS

NEW UPDATE



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 (exclude manual fee 2,800 THB)	Balanced Body®	Wed-Fri	9 am - 4 pm	1.6	30-Sep	2-Oct	23,400	16-Sep-26
OCTOBER								
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 (include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger)	FIT®	Wed-Thu	9 am - 4 pm	18	21-Oct	22-Oct	10,400	07-Oct-26
NOVEMBER								
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								
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)								
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)								
AFTERNOON sessions: 27 Aug (PT7)								

UPDATED : 8-Jul-26



21

ANNIVERSARY
Celebration



YOGA FOR OFFICE SYNDROME

เปลี่ยนความ ปวดเมื่อยจากการนั่งทำงาน ให้กลับมามีความสุข

Relieve Tension

Improve Posture

Enhance Well-being

Enhance Body & Mind

CERTIFICATE OF ATTENDANCE

Thank you sponsor:



EXPERIENCED FITNESS EDUCATOR
ครูแววตา WAEWTA THAMPIBAL
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.-

LIMITED SEATS! Secure your spots today.



ลงทะเบียนผ่าน LINE OA เพียงสแกน QR Code
www.fitthai.com

THAILAND'S FIRST FITNESS EDUCATION AND TRAINING CENTER

สอบถามรายละเอียดเพิ่มเติมกับเจ้าหน้าที่แนะนำหลักสูตร **Ins. 02 650 9242**



21

ANNIVERSARY
Celebration



HYBRID ATHLETE NUTRITION

Fuel Smart . Perform Strong . Recover Faster.

Optimize Performance

Smart Nutrition

Enhance Recovery

Body Composition

CERTIFICATE OF ATTENDANCE

Thank you sponsor:



EXPERIENCED FITNESS EDUCATOR
ครูโจ
KRIYOT SUD-SAARD
Lecturer and guest speaker at universities.

วันอาทิตย์ที่ 26 กรกฎาคม 2569

TIME
13:00 - 16:00 น.

VENUE
FIT Thailand, BTS Ploenchit #2

REGISTER NOW!

2,100.-

LIMITED SEATS! Secure your spots today.



FIT.THAILAND
 @FIT.THAILAND

FITTHAILAND.IG
 @FIT.THAILAND

ลงทะเบียนผ่าน LINE OA เพียงสแกน QR Code
www.fitthai.com

THAILAND'S FIRST FITNESS EDUCATION AND TRAINING CENTER

สอบถามรายละเอียดเพิ่มเติมกับเจ้าหน้าที่แนะนำหลักสูตร **Ins. 02 650 9242**



21

ANNIVERSARY
Celebration



TRAINING FOR PREVENTION

IN RUNNING INJURY

Train Smart . Move Better . Stay Injury-Free.

Prevent Injuries

Improve Technique

Build Resilience

Enhance Performance

CERTIFICATE OF ATTENDANCE

Thank you sponsor:



EXPERIENCED FITNESS EDUCATOR
ครูอ
กมลชัย
รัตนเดชากุล
Training Manager, FIT Thailand

วันพุธที่ 22 กรกฎาคม 2569

TIME
09:00 - 13:00 น.

VENUE
FIT Thailand, BTS Ploenchit #2

REGISTER NOW!

2,100.-

LIMITED SEATS! Secure your spots today.



FIT.THAILAND
 @FIT.THAILAND

FITTHAILAND.IG
 @FIT.THAILAND

ลงทะเบียนผ่าน LINE OA เพียงสแกน QR Code
www.fitthai.com

THAILAND'S FIRST FITNESS EDUCATION AND TRAINING CENTER

สอบถามรายละเอียดเพิ่มเติมกับเจ้าหน้าที่แนะนำหลักสูตร **Ins. 02 650 9242**