



| 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<br>9am-3pm | Sun<br>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<br>(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 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<br>(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<br>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<br>(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),<br>23 Aug (PT-Phuket), 18 Sep (PT10), 29 Sep (PT12), 30 Sep (PT13), 4 Oct (PT-Chaingmai),<br>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**  
แชทกับเจ้าหน้าที่ผ่าน LINE OA: @fit.thailand หรือ สแกน QR Code เพื่อลงทะเบียน





21

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Train Smart . Move Better . Stay Injury-Free.

EXPERIENCED FITNESS EDUCATOR

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กมลชัย

รัตนเดชากุล

Training Manager, FIT Thailand

วันที่ 22 กรกฎาคม 2569

TIME

09:00 - 13:00 น.

VENUE

FIT Thailand, BTS Ploenchit #2

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TIME

13:00 - 16:00 น.

VENUE

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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 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       | 4-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       | 3-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       | 4-Sep-26  | 4-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       | 1-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       | 5-Oct-26  | 2-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       | 6-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       | 9-Jul-26        |
| PILATES INSTRUCTOR :                                                                                             | RECOGNISED BY  | DAYS          | TIME           | DURATION | STARTS    | ENDS      | REGULAR RATE | EARLY BIRD ENDS |
| Movement Principles & Pilates Essentials G11/2026 - Thai by Sugulaya                                             | Balanced Body® | Thu           | 9 am - 4 pm    | 18       | 6-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       | 9-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       | 7-Oct-26  | 9-Oct-26  | 18,600       | Full            |
| Mat Pilates Instructor Training G4/2026 - Thai by Sugulaya<br>(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<br>(A prerequisite : Movement Principle)              | Balanced Body® | Tue           | 9 am - 4 pm    | 54       | 22-Sep-26 | 8-Dec-26  | 57,800       | Full            |
| Reformer Pilates Instructor Training G5/2026 - Thai by Apittiya<br>(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<br>(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<br>(A prerequisite : Movement Principle , Mat, Reformer) | Balanced Body® | Thu           | 9 am - 5 pm    | 60       | 15-Oct-26 | 17-Dec-26 | 82,200       | Full            |
| CONTINUING EDUCATION / WORKSHOPS                                                                                 | RECOGNISED BY  | DAYS          | TIME           | DURATION | STARTS    | ENDS      | REGULAR RATE | EARLY BIRD ENDS |
| JULY                                                                                                             | RECOGNISED BY  |               |                |          |           |           |              |                 |
| 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       |



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# 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 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------|-------------|---------------|----------|--------|--------|------------------------------------|-----------------|
| 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            |
| <div><div>JULY is our Birthday Month! 🎉</div><div>SPECIAL WORKSHOP</div></div> <div>Celebrate FIT Thailand's 21st Anniversary with special workshops all month long.<br/>Check the updated weekly schedule below! (2,100 THB per workshop, Certificate of Appreciation included)</div> | SESSION TYPE       | DAYS        | TIME          | ROOM     | STARTS | ENDS   | Registration fees<br>(per session) |                 |
| 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                              | 1-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                              | 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<br>(include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger)                                                                                                                                            | 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                              | 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 Srित्रairattana                                                                                                                                                                                                                    | 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  | 2-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<br>(include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger)                                                                                                                                                                   | FIT®               | Tue & Wed   | 9 am - 4 pm   | 18       | 15-Sep | 16-Sep | 10,400                             | Full            |
| Sports Nutrition in Practice - Thai by Kriyot                                                                                                                                                                                                                                          | FIT®               | Sat         | 9 am - 5 pm   | 0.7      | 19-Sep | 19-Sep | 6,400                              | 5-Sep-26        |
| 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                             | 9-Sep-26        |
| 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                                                                                                                                                                                                                                                                                | RECOGNISED BY      |             |               |          |        |        |                                    |                 |



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# 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 |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|------------------------------|-------------|----------|------------|---------------|--------------|-----------------|
| Weight Training Program for Success - by Phasin                                                                                                                                                                                  | REBEL         | Sun                          | 9 am - 4 pm | 0        | 4-Oct      | 4-Oct         | 4,900        | 20-Sep-26       |
| BOOTYLICIOUS – Training techniques & programming to build 3D GLUTES by Jerrican Tan (English with Thai  ation)                                | 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       | 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       |
| 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 |
| <b>MORNING sessions:</b> 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  |
| <b>AFTERNOON sessions:</b> 27 Aug (PT7)                                                                                                                                                                                          | FIT®          | Half Day                     | 1 pm - 4pm  | 3 hr     |            |               | 2,800        | 2 weeks before  |

UPDATED : 16-Jul-26