



ตรวจสอบตารางอบรมและโปรโมชั่นล่าสุด ที่นี่!

COURSE SCHEDULE & PROMOTION

WEEKLY UPDATES!

EDUCATING AND EMPOWERING FITNESS PROFESSIONALS



FITTHAI.COM

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
Certified Personal Trainer - Thai (PT Group 18/2026)	ACE® / FIT®	Mon,Wed,Fri	1 pm - 4 pm	99	14-Oct-26	11-Jan-27	47,800	30-Sep-26
Certified Personal Trainer - Thai (PT Group 19/2026)	ACE® / FIT®	Thu&Fri	9 am - 4 pm	99	12-Nov-26	29-Jan-27	47,800	29-Oct-26
Remark: ACE Personal Trainer Exam Preparation Course								
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	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 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	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
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	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)								
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	Full
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	Full
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 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 (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	05-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	09-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							
Weight Training Program for Success - by Phasin	REBEL	Sun	9 am - 4 pm	0	04-Oct	04-Oct	4,900	20-Sep-26
Sports Massage - by Pimruk&Newton EM Physiology Team	FIT®	Thu & Fri	9 am - 4 pm	0	08-Oct	09-Oct	8,300	24-Sep-26
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	RECOGNISED BY							



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Movement Preparation Specialist - English/Thai Programme by Tarek, FTI & Kelvin Panuwat (Bundle with FTI Integrated movement Coach for 30% discount)	FTI	Sun	9 am - 5 pm	0.7	01-Nov	01-Nov	6,900	18-Oct-26
Integrated Movement Coach - English/Thai Programme by Tarek, FTI & Kelvin Panuwat (Bundle with FTI Movement Prep for 30% discount)	FTI	Mon & Tue	9 am - 5 pm	1.4	02-Nov	03-Nov	10,900	19-Oct-26
Training Clients with Lower Back Pain - Thai by Sompat	FIT®	Tue	9 am - 4 pm	0.6	03-Nov	03-Nov	5,500	20-Oct-26
Training Pregnant & Post-Partum Clients - by Sugulaya	FIT®	Sat	9 am - 4 pm	0	07-Nov	07-Nov	5,500	24-Oct-26
Pre & Post RehabTraining - by Sompat	FIT®	Tue	9 am - 4 pm	0.6	24-Nov	24-Nov	5,500	10-Nov-26
Sports Massage - by Pimruk&Newton EM Physiology Team	FIT®	Sat & Sun	9 am - 4 pm	0	28-Nov	29-Nov	8,300	14-Nov-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: 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 :

22-Jul-26