

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 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 :								
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 Principles)	Balanced Body*	Tue	9 am - 4 pm	54	22-Sep-26	08-Dec-26	57,800	Full
Mat Pilates Instructor Training G6/2026 - Thai by Sugulaya (A prerequisite : Movement Principles)	Balanced Body*	Sun	9 am - 4 pm	54	08-Nov-26	31-Jan-27	57,800	Full
Reformer Pilates Instructor Training G5/2026 - Thai by Apittiya (A prerequisite : Movement Principles)	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	06-Sep-26
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								
AUGUST								
Weight Training 101 - by Durongkom	FIT*	Tue	9 am - 4 pm	0	11-Aug	11-Aug	5,200	Full
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	10-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	10-Aug-26
Women Fitness Essentials - Thai by Atikam - 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	Full
Pre & Post Rehab Training - by Sompot	FIT*	Tue	9 am - 4 pm	0.6	25-Aug	25-Aug	5,500	Full
Functional Training 101 - Thai by Master Coach Farn Srirairattana	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	FIT*	Wed - Thu	9 am - 4 pm	1.2	02-Sep	03-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 Apittiya (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 Three Dimension* - 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
FLUID X Foundation Coaching Course - by Panuwat	Fluid X	Thu	9 am - 6 pm	NASM : 0.8 ACE : 0.7	24-Sep	24-Sep	11,000	10-Sep-26
Senior Fitness Specialist - Thai by Atikam	FIT*	Sat & Sun	9 am - 4 pm	1.2	26-Sep	27-Sep	9,900	Full
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								
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
BOOTYVOCIOUS - 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 Apittiya (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
Fundamentals of Movement & Longevity - English/Thai Programme by Tarek, FTI	FTI	Fri	9 am - 5 pm	NASM : 0.7 ACE : 0.7	30-Oct	30-Oct	6,900	16-Oct-26
Recovery Training - English/Thai Programme by Tarek, FTI	FTI	Sat	9 am - 5 pm	NASM : 0.7 ACE : 0.7	31-Oct	31-Oct	6,900	17-Oct-26
NOVEMBER								
Movement Preparation Specialist - English/Thai Programme by Tarek, FTI & Kelvin Panuwat	FTI	Sun	9 am - 5 pm	NASM : 0.7 ACE : 0.7	01-Nov	01-Nov	6,900	18-Oct-26
Integrated Movement Coach - English/Thai Programme by Tarek, FTI & Kelvin Panuwat	FTI	Mon & Tue	9 am - 5 pm	NASM : 1.4 ACE : 1.4	02-Nov	03-Nov	10,900	19-Oct-26
Training Clients with Lower Back Pain - Thai by Sompot	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
Basic Taichi for Wellness Practitioner - by Thana Jindashotinun	FIT*	Wed & Thu	9 am - 4 pm	0	18-Nov	19-Nov	8,300	04-Nov-26
Pre & Post Rehab Training - by Sompot	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								
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: 8 Aug (PT3), 16 Aug (PT5), 23 Aug (PT-Phuket), 18 Sep (PT10), 29 Sep (PT12), 30 Sep (PT13), 4 Oct (PT-Chiangmai), 17 Oct (PT11), 12 Nov (EPT), 2 Dec (PT16), 17 Dec (PT17), 18 Dec (PT15), 19 Dec (PT14), 29 Jan (PT19)	FIT*	Half Day	9 am - 12pm	3 hr			2,800	2 weeks before
AFTERNOON sessions: 27 Aug (PT7), 11 Jan (PT18)	FIT*	Half Day	1 pm - 4pm	3 hr			2,800	2 weeks before



OCTOBER 30 – NOVEMBER 3

5 DAYS OF APPLIED COACH EDUCATION.

We're coming to FIT Thailand to help coaches assess better, program smarter, and deliver stronger results for every client in front of them.

Ground Up Strong



1 Day Program

Ground-based transitions, centre of mass control, coordination, and fall prevention programming.

Recovery Training



1 Day Program

Practical, evidence-based tools for soft tissue work, load management and coaching client recovery habits.

Movement Preparation



1 Day Program

Build tailored warm-up programs and confidently teach, supervise and modify RAMP-based sessions.

Integrated Movement Coach



2 Day Program

A 5-step framework to restore function, develop patterns, load foundations, build strength, integrate complex movement.

30

OCTOBER' 26

31

OCTOBER' 26

1

NOVEMBER' 26

2-3

NOVEMBER' 26

ยิ่งลง ยิ่งลด ยิ่งคุ้ม

SUPER BUNDLE PROMOTION**REGISTER MORE SAVE MORE !***SIGN UP **1** COURSE, GET**10% OFF**

ลงทะเบียนหลักสูตร FTI 1 คอร์ส

SIGN UP **2-3** COURSES, GET**15% OFF**

ลงทะเบียนหลักสูตร FTI 2 คอร์ส ขึ้นไป

SIGN UP **4** COURSES, GET**20% OFF**

ลงทะเบียนหลักสูตร FTI ทั้ง 4 คอร์ส

**+ GRADUATION
DINNER
WITH
MASTER
TRAINERS****HURRY! THIS OFFER IS VALID UNTIL OCTOBER 16, 2026.****Terms and conditions apply.*