



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 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	Full
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	Full
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 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 <i>(A prerequisite : Movement Principle)</i>	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 <i>(A prerequisite : Movement Principle)</i>	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 <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	Full
CONTINUING EDUCATION / WORKSHOPS								
SEPTEMBER	RECOGNISED BY	DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
Anatomy Analysis- by Pimruk&Newton EM Physiology Team New!	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	Full
AIRFIT BUNGEE Instructor Training - by Sivavut Mathong @Panya Sport Complex, Bangkok	ACE®	Fri - Sun	9 am - 6 pm	2.5	11-Sep	13-Sep	35,000	28-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
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 <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
FLUID X Foundation Coaching Course - by Panuwat New!	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 Atikarn	FIT®	Sat & Sun	9 am - 4 pm	1.2	26-Sep	27-Sep	9,900	Full
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	DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
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 <i>(English with Thai translation)</i>	 FEA	Sat	9 am - 4 pm	0.4	10-Oct	10-Oct	5,200	26-Sep-26
Precision Training for Maximum Hypertrophy - Thai by Phat Itthiphat New!	FIT®	Sun	9 am - 5 pm	0	11-Oct	11-Oct	4,900	27-Sep-26
Weight Training 101 - by Durongkorn	FIT®	Sun	9 am - 4 pm	0	18-Oct	18-Oct	5,200	04-Oct-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	Full
AIRFIT BUNGEE Instructor Training - by Sivavut Mathong @Panya Sport Complex, Bangkok	ACE®	Fri - Sun	9 am - 6 pm	2.5	23-Oct	25-Oct	35,000	09-Oct-26
Fundamentals of Movement & Longevity - English/Thai Programme by Tarek, FTI New!	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 New!	FTI	Sat	9 am - 5 pm	NASM : 0.7 ACE : 0.7	31-Oct	31-Oct	6,900	17-Oct-26
NOVEMBER	RECOGNISED BY	DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
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 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
Basic Taichi for Wellness Practitioner - by Thana Jindashotinun New!	FIT®	Wed & Thu	9 am - 4 pm	0	18-Nov	19-Nov	8,300	04-Nov-26
Pre & Post RehabTraining - by Sompat	FIT®	Tue	9 am - 4 pm	0.6	24-Nov	24-Nov	5,500	10-Nov-26
Fundamental Group Exercise Level 1 - by Kelvin Panuwat	FIT®	Wed - Fri	10 am - 4 pm	0	25-Nov	27-Nov	12,000	11-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
DECEMBER	RECOGNISED BY	DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
Golf Fitness Workshop - by Vatin (Bundle with SPE for Golfer for 15% discount)	FIT®	Fri-Sat	9 am - 5 pm	0	11-Dec	12-Dec	8,700	27-Nov-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	13-Dec	13-Dec	5,200	29-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)								
		DAYS	TIME	DURATION			REGULAR RATE	EARLY BIRD ENDS
MORNING sessions: 18 Sep (PT10) - FULL , 29 Sep (PT12), 30 Sep (PT13), 4 Oct (PT-Chaingmai), 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: 11 Jan (PT18)		FIT®	Half Day	1 pm - 4pm	3 hr		2,800	2 weeks before

UPDATED : 26-Aug-26