

GROUND UP STRONG

RECOVERY TRAINING

พลาตัสอินสตรัคเตอร์

สปรอนเทรนนิ่ง FTI

MOVEMENT PREPARATION

INTEGRATED MOVEMENT COACH

SHALL BE HELD BY

KELVIN-PANUWAT R.

FTI COACH

PRESENTED BY

TAREK-ZAREK CHOUIJA

FTI COACH

fit

5 DAYS OF APPLIED
COACH EDUCATION

30 OCTOBER - 3 NOVEMBER 2026

The FTI Coaching Experts is coming to FIT Thailand to help coaches assess better, program smarter and deliver stronger results for every client in front of them.

REGISTRATION FEE

ค่าสมัครเรียน

6,900 - 10,900.฿

10% OFF

ส่วนลด 1 เดือน

15% OFF

ส่วนลด 2 เดือน

20% OFF

ส่วนลด 4 เดือน

REGISTER MORE ! SAVE MORE! UP TO 20% OFF

*ยกเว้นค่าบริการโค้ชระดับมืออาชีพใน 5 วัน ผ่านซีรีส์ 4 หลักสูตรระยะสั้นจาก FTI Global *

WWW.FITTHAI.COM

CERTIFICATION COURSES	RECOGNISED BY	DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS		
PERSONAL TRAINER CERTIFICATION										
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	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	Full		
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	Full		
Certified Personal Trainer - Thai (PT CNX1/2027) - CHIANG MAI @Lion Fitness	ACE® / FIT®	Fri, Sat, Sun	9 am - 4 pm	84	8-Jan-27	7-Feb-27	47,800	25-Dec-26		
Certified Personal Trainer - Thai (PT Group 1/2027) 2027	ACE® / FIT®	Mon&Wed	9 am - 4 pm	99	11-Jan-27	8-Mar-27	47,800	28-Dec-26		
Certified Personal Trainer - Thai (PT Group 2/2027) 2027	ACE® / FIT®	Tue&Thu	9 am - 4 pm	99	12-Jan-27	4-Mar-27	47,800	29-Dec-26		
Certified Personal Trainer - Thai (PT Group 3/2027) 2027	ACE® / FIT®	Sat	9 am - 4 pm	99	16-Jan-27	22-May-27	47,800	2-Jan-27		
Certified Personal Trainer - Thai (PT Group 4/2027) 2027	ACE® / FIT®	Mon,Wed,Fri	9 am - 12 pm	99	18-Jan-27	7-Apr-27	47,800	4-Jan-27		
Certified Personal Trainer - Thai (PT Group 5/2027) 2027	ACE® / FIT®	Sat&Sun	9 am - 4 pm	99	23-Jan-27	27-Mar-27	47,800	Full		
Remark: ACE Personal Trainer Exam Preparation Course										
PILATES INSTRUCTOR :										
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		
Movement Principles & Pilates Essentials G14/2026 - Thai by Sugulaya	Balanced Body®	Wed	9 am - 4 pm	18	11-Nov-26	15-Nov-26	18,600	Full		
Movement Principles & Pilates Essentials G13/2026 - Thai by Apittiya @Suanplu	Balanced Body®	Sat-Mon	9 am - 4 pm	18	5-Dec-26	7-Dec-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	8-Dec-26	57,800	Full		
Mat Pilates Instructor Training G6/2026 - Thai by Sugulaya (A prerequisite : Movement Principle)	Balanced Body®	Sun	9 am - 4 pm	54	8-Nov-26	31-Jan-27	57,800	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	19-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										
SEPTEMBER										
RECOGNISED BY										
Sports Nutrition in Practice - Thai by Kriyot	FIT®	Sat	9 am - 5 pm	0.7	19-Sep	19-Sep	6,400	Full		
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	Full		
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 (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	4-Oct	4-Oct	4,900	20-Sep-26		
Sports Massage - by Pimruk&Newton EM Physiology Team	FIT®	Thu & Fri	9 am - 4 pm	0	8-Oct	9-Oct	8,300	Full		
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		
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	4-Oct-26		
FLUID X Foundation Coaching Course - by Panuwat New!	Fluid X	Wed	9 am - 5 pm	NASM : 0.8 ACE : 0.7	21-Oct	22-Oct	11,000	7-Oct-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	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	9-Oct-26		
Fitness Nutrition Specialist - Thai by Kriyot	FIT®	Sat&Sun	9 am - 4 pm	1.2	24-Oct	24-Oct	9,900	10-Oct-26		
GROUND UP STRONG - Eng/Thai Programme by JACQ NG, Head of Education FTI / Kelvin Panuwat, Educator FIT (Fundamentals of Movement & Longevity) 🇬🇧🇹🇭 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 JACQ NG, Head of Education FTI / Kelvin Panuwat, Educator FIT 🇬🇧🇹🇭 New!	FTI	Sat	9 am - 5 pm	NASM : 0.7 ACE : 0.7	31-Oct	31-Oct	6,900	17-Oct-26		
Weight Loss Specialist - Thai by Kriyot	FIT®	Sat&Sun	9 am - 4 pm	1.2	31-Oct	1-Nov	9,900	17-Oct-26		
NOVEMBER										
RECOGNISED BY										
Movement Preparation Specialist - English/Thai Programme by Tarek, Co-Founder FTI & Kelvin Panuwat, Educator FIT 🇬🇧🇹🇭	FTI	Sun	9 am - 5 pm	NASM : 0.7 ACE : 0.7	1-Nov	1-Nov	6,900	18-Oct-26		
Integrated Movement Coach - English/Thai Programme by Tarek, Co-Founder FTI & Kelvin Panuwat, Educator FIT 🇬🇧🇹🇭	FTI	Mon & Tue	9 am - 5 pm	NASM : 1.4 ACE : 1.4	2-Nov	3-Nov	10,900	19-Oct-26		
Training Clients with Lower Back Pain - Thai by Sompatt	FIT®	Tue	9 am - 4 pm	0.6	3-Nov	3-Nov	5,500	20-Oct-26		
Training Pregnant & Post-Partum Clients - by Sugulaya	FIT®	Sat	9 am - 4 pm	0	7-Nov	7-Nov	5,500	24-Oct-26		
Partner Stretching Workshop (for all fitness levels)- by Kru Jimmy	FIT®	Tue	1 - 4 pm	0	10-Nov	10-Nov	2,800	27-Oct-26		
Olympic Weightlifting Seminar - by Iron Hive® Team	Iron Hive®	Sat 9AM-3PM	Sun 12PM- 6PM	1.2	14-Nov	15-Nov	9,300	31-Oct-26		
Youth Exercise Essentials - by Kittinan	FIT®	Tue	9 am - 4 pm	0.6	17-Nov	17-Nov	5,500	3-Nov-26		
Basic Taichi for Wellness Practitioner - by Thana Jindashotinun New!	FIT®	Wed & Thu	9 am - 4 pm	0	18-Nov	19-Nov	8,300	4-Nov-26		
Pre & Post RehabTraining - by Sompatt	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										
Introduction to Anatomy for Pilates by Apittaya (include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger)	FIT®	Wed-Thu	9 am - 4 pm	18	2-Dec	3-Dec	10,400	18-Nov-26		
Senior Fitness Specialist - Eng by Suzanne 🇬🇧	FIT®	Thu-Fri	9 am - 4 pm	1.2	3-Dec	4-Dec	9,900	19-Nov-26		
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										
STARTS										
ENDS										
SPECIAL RATE										
EARLY BIRD ENDS										
MORNING sessions: 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 : 16-Sep-26