



ตรวจสอบตารางอบรมและโปรโมชั่นล่าสุด ที่นี่!

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
PERSONAL TRAINER CERTIFICATION								
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	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
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
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
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	28-Oct-26
Movement Principles & Pilates Essentials G13/2026 - Thai by Apittiya @Suanplu	Balanced Body®	Sat-Mon	9 am - 4 pm	18	05-Dec-26	07-Dec-26	18,600	21-Nov-26
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
Partner Stretching Workshop (for all fitness levels)- by Kru Jimmy New!	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	Full
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)								
MORNING sessions: 18 Sep (PT10), 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: 27 Aug (PT7) , 11 Jan (PT18)	FIT®	Half Day	1 pm - 4pm	3 hr			2,800	2 weeks before

UPDATED : 2-Sep-26