

GROUND UP STRONG

RECOVERED BY
JACO NG
Senior Fitness Specialist
100% Positive Feedback (150+)

RECOVERY TRAINING

RECOVERED BY
TAREK-TAREK CHOUJA
Co-Founder, FTI Global
100% Positive Feedback (150+)

30th Anniversary FTI

RECOVERED BY
TAREK-TAREK CHOUJA
Co-Founder, FTI Global
100% Positive Feedback (150+)

30th Anniversary FTI

RECOVERED BY
KELVIN-PANUWAT R.
Co-Founder, FTI Global
100% Positive Feedback (150+)

MOVEMENT PREPARATION

RECOVERED BY
KELVIN-PANUWAT R.
Co-Founder, FTI Global
100% Positive Feedback (150+)

INTEGRATED MOVEMENT COACH

RECOVERED BY
KELVIN-PANUWAT R.
Co-Founder, FTI Global
100% Positive Feedback (150+)

5 DAYS OF APPLIED

COACH EDUCATION

30 OCTOBER - 3 NOVEMBER 2026

10% OFF
ลงทะเบียน 1 คอร์ส

15% OFF
ลงทะเบียน >2 คอร์ส

20% OFF
ลงทะเบียน 4 คอร์ส

GRADUATION DINNER WITH MASTER TRAINERS

GRADUATION DINNER WITH EDUCATOR TEAM

REGISTER MORE ! SAVE MORE! UP TO 20% OFF

"ยกระดับทักษะการโค้ชระดับมืออาชีพใน 5 วัน ผ่านซีรีส์ 4 หลักสูตรระยะสั้นจาก FTI Global "

WWW.FITTHAI.COM

ACE APPROVED

FITREC

AFIRM

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	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		
Certified Personal Trainer - Thai (PT CNX1/2027) - CHIANG MAI @Lion Fitness 2027	ACE® / FIT®	Fri, Sat, Sun	9 am - 4 pm	84	08-Jan-27	07-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	08-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	04-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	Full		
Certified Personal Trainer - Thai (PT Group 4/2027) 2027	ACE® / FIT®	Mon,Wed,Fri	9 am - 12 pm	99	18-Jan-27	07-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	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	Full		
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	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		
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										
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										
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	Full		
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 Itthiphath 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	Full		
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	07-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		
Fitness Nutrition Specialist - Thai by Kriyot	FIT®	Sat&Sun	9 am - 4 pm	1.2	24-Oct	24-Oct	9,900	10-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		
Weight Loss Specialist - Thai by Kriyot	FIT®	Sat&Sun	9 am - 4 pm	1.2	31-Oct	01-Nov	9,900	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		
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	03-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	04-Nov-26		
Pre & Post RehabTraining - by Sompot	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										
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	2-Dec	3-Dec	10,400	18-Nov-26		
Senior Fitness Specialist - Eng by Suzanne	FIT®	Thu-Fri	9 am - 4 pm	1.2	03-Dec	04-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)										
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 : 23-Sep-26



5 DAYS OF APPLIED COACH EDUCATION

30 OCTOBER - 3 NOVEMBER 2026



FTI COURSE TITLE 	Registration Fees and Promotion REGISTER MORE ! SAVE MORE! UPTO 20% OFF			
	Regular rate	10% OFF Register 1 course	15% OFF Register 2-3 courses	20% OFF + Graduation Dinner Register 4 courses
Ground Up Strong (Fundamentals of Movement & Longevity)	6,900	6,210	5,865	5,520
Recovery Training	6,900	6,210	5,865	5,520
Movement Preparation	6,900	6,210	5,865	5,520
Integrated Movement Coach	10,900	9,810	9,265	8,720
 BUNDLE PROMO! SAVE UP TO 20% OFF	จากราคาปกติ 31,600.- เมื่อลงทะเบียน 4 คอร์ส	ลดเหลือ 25,280.- เมื่อลงทะเบียน 4 คอร์ส	+ GRADUATION DINNER WITH MASTER TRAINERS SAVE 6,320.-	



PRESENTED BY

TAREK-TAREK CHOUJA
Co-Founder, FTI Global
FUNCTIONAL TRAINING INSTITUTE GLOBAL

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JACO NG
Global Head of Education
FUNCTIONAL TRAINING INSTITUTE (FTI)



