ตรวจสอบตารางอบรม และ โปรโมชั่นล่าสุดประจำสัปดาห์ได้ที่นี่!

COURSE SCHEDULE & PROMOTION

WEEKLY UPDATES

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EMPOWERING & EDUCATING FITNESS PROFESSIONALS

CERTIFICATION COURSES 2027	ACCREDITED BY	DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
PERSONAL TRAINER New & Improved! 2027								
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	Full
Certified Personal Trainer - Thai (PT Group 1/2027)	ACE® / FIT®	Mon&Wed	9 am - 4 pm	99	11-Jan-27	8-Mar-27	47,800	Full
Certified Personal Trainer - Thai (PT Group 2/2027)	ACE® / FIT®	Tue&Thu	9 am - 4 pm	99	12-Jan-27	4-Mar-27	47,800	Full
Certified Personal Trainer - Thai (PT Group 3/2027)	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)	ACE® / FIT®	Mon,Wed,Fri	9 am - 12 pm	99	18-Jan-27	7-Apr-27	47,800	Full
Certified Personal Trainer - Thai (PT Group 5/2027)	ACE® / FIT®	Sat&Sun	9 am - 4 pm	99	23-Jan-27	27-Mar-27	47,800	Full
Certified Personal Trainer - Eng (EPT Group 1/2027)	ACE® / FIT®	Tue&Thu	9 am - 4 pm	99	9-Feb-27	8-Apr-27	47,800	26-Jan-27
Certified Personal Trainer - Thai (PT Group 6/2027)	ACE® / FIT®	Tue&Thu	1 pm - 4 pm	99	16-Feb-27	1-Jul-27	47,800	2-Feb-27
Certified Personal Trainer - Thai (PT Group 7/2027)	ACE® / FIT®	Mon&Wed	9 am - 4 pm	99	22-Mar-27	24-May-27	47,800	8-Mar-27
Certified Personal Trainer - Thai (PT Group 8/2027)	ACE® / FIT®	Tue&Thu	9 am - 4 pm	99	23-Mar-27	8-Jun-27	47,800	9-Mar-27
Certified Personal Trainer - Thai (PT Group 9/2027)	ACE® / FIT®	Mon,Wed,Fri	9 am - 12 pm	99	19-Apr-27	07-Jul-27	47,800	5-Apr-27
Certified Personal Trainer - Thai (PT Group 10/2027)	ACE® / FIT®	Sun	9 am - 4 pm	99	25-Apr-27	29-Aug-27	47,800	Full
Certified Personal Trainer - Thai (PT PHUKET/2027) - **PHUKET @Alpha Health Club**	ACE® / FIT®	Fri, Sat, Sun	9 am - 4 pm	84	14-May-27	20-Jun-27	47,800	30-Apr-27
Remark: ACE Personal Trainer Exam Preparation Course								
YOGA TEACHER :	**ACCREDITED BY**	**DAYS**	**TIME**	**DURATION**	**STARTS**	**ENDS**	**REGULAR RATE**	**EARLY BIRD ENDS**
200-Hour Hatha Vinyasa Yoga Teacher Training (RYT-200 I Yoga Alliance & I.Y.F.) Thai by Kru Jimmy	Yoga Alliance , I.Y.F.	Thu-Sun	8.30am-5.30pm	200	18-Mar-27	13-Jun-27	69,000	4-Mar-27
- Introduction to Hatha Vinyasa Yoga - Thai by Kru Jimmy NEW ARRIVAL	FIT®	Thu-Sun	8.30am-5.30pm	32	18-Mar-27	21-Mar-27	15,900	-
- Asana, Pranayama, Yoga Philosophy & Yoga Anatomy - Thai by Kru Jimmy NEW ARRIVAL	FIT®	Thu-Sun	8.30am-5.30pm	32	22-Apr-27	25-Apr-27	15,900	-
PILATES INSTRUCTOR :	**ACCREDITED BY**	**DAYS**	**TIME**	**DURATION**	**STARTS**	**ENDS**	**REGULAR RATE**	**EARLY BIRD ENDS**
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*
Movement Principles & Pilates Essentials G1/2027 - Thai by Sugulaya	Balanced Body®	Thu	9 am - 4 pm	18	7-Jan-27	21-Jan-27	18,600	*Full*
Movement Principles & Pilates Essentials G2/2027 - Thai by Apittiya	Balanced Body®	Sun	9 am - 4 pm	18	17-Jan-27	31-Jan-27	18,600	*Full*
Movement Principles & Pilates Essentials G3/2027 - Thai by Apittiya @Suanplu	Balanced Body®	Sat-Mon	9 am - 4 pm	18	20-Feb-27	22-Feb-27	18,600	*Full*
MAT Pilates Instructor Training G1/2027 - Thai by Apittiya *(A prerequisite : Movement Principle & Pilates Essentials)*	Balanced Body®	Sun	Mat 1,2 : 9 am - 4 pm Mat 3 : 9 am - 6 pm	54	7-Feb-27	11-Apr-27	57,800	24-Jan-27
REFORMER Pilates Instructor Training G1/2027 - Thai by Sugulaya *(A prerequisite : Movement Principle & Pilates Essentials)*	Balanced Body®	Wed	9 am - 4 pm	72	6-Jan-27	24-Apr-27	92,800	23-Dec-26
REFORMER Pilates Instructor Training G2/2027 - Thai by Apittiya *(A prerequisite : Movement Principle & Pilates Essentials*	Balanced Body®	Sat	9 am - 6 pm	72	16-Jan-27	3-Apr-27	92,800	*Full*
REFORMER Pilates Instructor Training G3/2027 - Thai by Apittiya *(A prerequisite : Movement Principle & Pilates Essentials)*	Balanced Body®	Tue	9 am - 6 pm	72	23-Feb-27	25-May-27	92,800	9-Feb-27
APPARATUS Pilates Instructor Training 1/2027 - Thai by Sugulaya *(A prerequisite : Movement Principle & Pilates Essentials , Mat, Reformer)*	Balanced Body®	Sat	9 am - 4 pm	60	9-Jan-27	27-Mar-27	82,200	26-Dec-26
APPARATUS Pilates Instructor Training 2/2027 - Thai by Apittiya *(A prerequisite : Movement Principle & Pilates Essentials , Mat, Reformer)*	Balanced Body®	Sat&Sun	9 am - 4 pm	60	15-May-27	13-Jun-27	82,200	*Full*

CONTINUING EDUCATION / WORKSHOPS 2026								
November 2026	**COURSE PROVIDER**	**DAYS**	**TIME**	**DURATION**	**STARTS**	**ENDS**	**REGULAR RATE**	**EARLY BIRD ENDS**
Senior Fitness Specialist - Thai by Atikarn	FIT®	Sat & Sun	9 am - 4 pm	1.2	21-Nov	22-Nov	9,900	*Full*
Pre & Post RehabTraining - by Sompat	FIT®	Tue	9 am - 4 pm	0.6	24-Nov	24-Nov	5,500	*Full*
Group Exercise Fundamental Level 1 - by Kelvin Panuwat	FIT®	Wed - Fri	9 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	*Full*
December 2026	**COURSE PROVIDER**	**DAYS**	**TIME**	**DURATION**	**STARTS**	**ENDS**	**REGULAR RATE**	**EARLY BIRD ENDS**
Weight Training 101 - by Durongkorn	FIT®	Tue	9 am - 4 pm	0	1-Dec	1-Dec	5,200	*Full*
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	*Full*
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
Aquatic Fitness Professional (Level 1) - by Pimruk, Kriyot,Pornpana,Wiraporn	FIT®	Sat & Sun	9 am - 4 pm	1.2	12-Dec	13-Dec	9,400	28-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
Passive Stretching Workshop for Runners - by Kru Jimmy - **PHUKET** @Alpha Health Club	FIT®	Wed	9 am - 12 pm	0	16-Dec	16-Dec	2,800	2-Dec-26
Partner Stretching Workshop (for all fitness levels)- by Kru Jimmy - **PHUKET** @Alpha Health Club	FIT®	Wed	1 - 4 pm	0	16-Dec	16-Dec	2,800	2-Dec-26
Peak, Prep & Recovery - Thai by Atikarn & Kriyot NEW ARRIVAL	FIT®	Sun & Sun	9 am - 4 pm	1.2	19-Dec	20-Dec	9,900	5-Dec-26
Anatomy Analysis- by Pimruk&Newton EM Physiology Team - **CHIANG MAI @Lion Fitness** NEW ARRIVAL	FIT®	Mon-Tue	9 am - 4 pm	1.2	21-Dec	22-Dec	9,900	7-Dec-26

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CONTINUING EDUCATIONS / WORKSHOPS 2027

JANUARY 2027	COURSE PROVIDER	DAYS	TIME	DURATION	STARTS	ENDS	REGULAR RATE	EARLY BIRD ENDS
Sports Massage - by Pimruk & Newton EM Physiology Team	FIT®	Thu&Fri	9 am - 4 pm	0	7-Jan	8-Jan	8,300	24-Dec-26
Weight Training Program for Success - by Phasin	REBEL	Sun	9 am - 4 pm	0	10-Jan	10-Jan	4,900	27-Dec-26
Anatomy Analysis- by Pimruk & Newton EM Physiology Team	FIT®	Mon-Tue	9 am - 4 pm	1.2	11-Jan	12-Jan	9,900	28-Dec-26
Fitness Nutrition Specialist - Thai by Kriyot	FIT®	Sat&Sun	9 am - 4 pm	1.2	16-Jan	17-Jan	9,900	2-Jan-27
Advanced Muscle and Strength Development - Thai by Noppadol	FIT®	Sat&Sun	9 am - 4 pm	1.2	16-Jan	17-Jan	9,900	2-Jan-27
Hybrid Athletes Nutrition - Thai by Kraiyot	FIT®	Sun	1 - 4 pm	0	24-Jan	24-Jan	2,800	10-Jan-27
Junior Golf Fitness & Physical Development	FIT®	Mon-Tue	9 am - 4 pm	0	25-Jan	26-Jan	8,700	11-Jan-27
Training Pregnant & Post-Partum Clients - by Sugulaya	FIT®	Thu	9 am - 4 pm	0.6	28-Jan	28-Jan	5,500	14-Jan-27
Pre & Post RehabTraining - by Sompat	FIT®	Sat	9 am - 4 pm	0.6	30-Jan	30-Jan	5,500	16-Jan-27
FEBRUARY 2027	**COURSE PROVIDER**	**DAYS**	**TIME**	**DURATION**	**STARTS**	**ENDS**	**REGULAR RATE**	**EARLY BIRD ENDS**
Functional Training 101 - Thai by Master Coach Farn Sritrairattana	Twist®	Sun & Sun	9 am - 5 pm	1.2	6-Feb	7-Feb	9,900	23-Jan-27
Passive Stretching Workshop for Runners - by Kru Jimmy	FIT®	Tue	9 am - 12 pm	0	9-Feb	9-Feb	2,800	26-Jan-26
Partner Stretching Workshop (for all fitness levels)- by Kru Jimmy	FIT®	Tue	1 - 4 pm	0	9-Feb	9-Feb	2,800	26-Jan-27
Youth Exercise Essentials - by Kittinan	FIT®	Tue	9 am - 4 pm	0.6	16-Feb	16-Feb	5,500	2-Feb-27
Introduction to Anatomy for Pilates by Apittaya *(include Pilates Anatomy book by Rael Isacowitz/Karen Clippinger)*	FIT®	Thu&Fri	9 am - 4 pm	18	25-Feb	26-Feb	10,400	11-Feb-27
Sports Nutrition in Practice - Thai by Kriyot	FIT®	Sun	9 am - 5 pm	0.7	28-Feb	28-Feb	6,400	14-Feb-27

ONLINE COURSE		ONLINE PLATFORM	DURATION	STARTS	ENDS	SPECIAL RATE	EARLY BIRD ENDS
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: 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 :	**18-Nov-26**	