Γενικό Πρόγραμμα GRAFTS HELLAS Κύπρου 2022 - 2023										
ΚΑΤΕΥΘΥΝΣΕΙΣ ΕΙΔΙΚΟΤΗΤΕΣ	ı	PERSONAL TRAININ		GROUP TRAINING		PILATES TRAINING		YOGA TRAINING		WORKSHOPS
03-04/09/2022										
10-11/09/2022		OLYMPIC WEIGHTLIFTING		GROUP TRAINING Pro level 1				SUP YOGA		
17-18/09/2022		OLYMPIC WEIGHTLIFTING		GROUP TRAINING Pro level 1	AQUA FITNESS			SUP YOGA	FUN KIDS YOGA	PILATES PRENATAL
ΓΕΝΙΚΗ ΕΞΕΤΑΣΤΙΚΗ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ										
24-25/09/2022				GROUP TRAINING Pro level 1	AQUA FITNESS				FUN KIDS YOGA	PILATES ARC SPINE CORRECTOR
01-02/10/2022				GROUP TRAINING Pro level 1	AQUA FITNESS				FUN KIDS YOGA	SPINE CORRECTOR
08-09/10/2022				GROUP TRAINING Pro level 1						ΠΡΩΤΕΣ ΒΟΗΘΕΙΕΣ CPR/AED
	ΧΕΙΜΕΡΙΝΗ ΠΕΡΙΟΔΟΣ									
15-16/10/2022	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	
22-23/10/2022				S FITNESS SUMMI						
	222 Sth GRAFTS FITNESS SUMMIT 2022 - ΤΕΛΕΤΗ ΕΝΑΡΞΗΣ 2022 2023 & ΑΠΟΦΟΙΤΗΣΗΣ 2021 2022 28η Οκτωβρίου									
29-30/10/2022	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	
05-06/11/2022	PERSONAL TRAINING					MAT PILATES	Plottes In Ro			
12-13/11/2022	Pro level 1  PERSONAL TRAINING	SUSPENSION				Pro level 1  MAT PILATES		YOGA INTRO		
19-20/11/2022	Pro level 1  PERSONAL TRAINING	EXERCISE SUSPENSION				Pro level 1  MAT PILATES  Pro level 1		YOGA TRAINING		
26-27/11/2022	Pro level 1  PERSONAL TRAINING	EXERCISE				PROPS PILATES		Pro level 1  YOGA TRAINING		
03-04/12/2022	Pro level 1  CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	Pro level 1  CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	Pro level 1 YOGA TRAINING		
10-11/12/2022	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	Pro level 1 YOGA TRAINING		
17-18/12/2022	PERSONAL TRAINING	2 - Control of the Co	The State of the S		2 - 2 - 2 - 2 - 2 - 2 - 2 - 2 - 2 - 2 -	PROPS PILATES	2 The State of the	Pro level 1  REVIEW YOGA TRAINING		
24-25/12/2022	Adv level 2					Pro level 1		Pro level 1		
31/12/2022-	Χριστούγεννα									
01/01/2023	PERSONAL TRAINING	ACE HEALTH COACH	Н ХҮГХРОЙН ХТРАТНГІКН			EQUIPMENT PILATES		AERIAL YOGA		
07-08/01/2023 14-15/01/2023	Adv level 2 PERSONAL TRAINING	ACE HEALTH COACH	ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ  Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ			Pro level 1  EQUIPMENT PILATES		AERIAL YOGA		
	Adv level 2 PERSONAL TRAINING		ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ			Pro level 1  EQUIPMENT PILATES				
21-22/01/2023	Adv level 2 PERSONAL TRAINING	ACE HEALTH COACH	ΤΗΣ ΣΩΜΑΤΙΚΉΣ ΔΙΑΠΛΑΣΉΣ Η ΣΥΓΧΡΩΝΉ ΣΤΡΑΤΗΓΙΚΉ			Pro level 1		AERIAL YOGA		
28-29/01/2023	Elite level 3  PERSONAL TRAINING	FUNCTIONAL CROSS TRAINING FUNCTIONAL CROSS	ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ			MAT PILATES Adv level 2  MAT PILATES		AERIAL YOGA		
04-05/02/2023	Elite level 3 PERSONAL TRAINING	TRAINING  CORRECTIVE EXERCISE				Adv level 2  MAT & PROPS PILATES		FUN KIDS YOGA		
11-12/02/2023	Elite level 3  PERSONAL TRAINING	FT COACH MI  CORRECTIVE EXERCISE				Adv level 2  EQUIPMENT PILATES		FUN KIDS YOGA		AERIAL TFD
18-19/02/2023	Specialized level 4	FT COACH MI				Adv level 2		FUN KIDS YOGA		
25-26/02/2023	PERSONAL TRAINING	KETTLEBELLS			Κ.Δευ	гера EQUIPMENT PILATES				ACE ODECITY EITNESS
04-05/03/2023	Specialized level 4  PERSONAL TRAINING	TRAINING				Adv level 2  EQUIPMENT PILATES				ACE OBESITY FITNESS PROGRAMMING
04-05/03/2023	Specialized level 4	TRAINING				Adv level 2				
11-12/03/2023	FENIKH EZETASTIKH OAQIN TQN ETAIKOTHTQN PILATES PRENATAL									
					ΕΑΡΙΝΗ ΠΕΡΙΟΔΟΣ					
18-19/03/2023	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1		
25-26/03/2023					25η <b>M</b> α	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1			
01-02/04/2023	CORE FITNESS Pro level 1  PERSONAL TRAINING	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	PILATES INTRO	PILATES INTRO	CORE FITNESS Pro level 1		
08-09/04/2023	Pro level 1					Pro level 1		YOGA INTRO		
15-16/04/2023										
22-23/04/2023	PERSONAL TRAINING Pro level 1  PERSONAL TRAINING	SUSPENSION EXERCISE SUSPENSION				Pro level 1		YOGA TRAINING Pro level 1 YOGA TRAINING		
29-30/04/2023	Pro level 1	SUSPENSION EXERCISE				MAT PILATES Pro level 1 PROPS PILATES		YOGA TRAINING Pro level 1  YOGA TRAINING		
06-07/05/2023	PERSONAL TRAINING Pro level 1					Pro level 1		Pro level 1		
13-14/05/2023	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	YOGA TRAINING Pro level 1 REVIEW		
20-21/05/2023	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	YOGA TRAINING Pro level 1		
27-28/05/2023	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING				PROPS PILATES Pro level 1				
03-04/06/2023	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING		AQUA FITNESS		EQUIPMENT PILATES Pro level 1		AERIAL YOGA		
10-11/06/2023	PERSONAL TRAINING Adv level 2	CORRECTIVE EXERCISE FT COACH MI		AQUA FITNESS		EQUIPMENT PILATES Pro level 1		AERIAL YOGA		
17-18/06/2023	PERSONAL TRAINING Adv level 2	CORRECTIVE EXERCISE FT COACH MI	Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ	AQUA FITNESS		EQUIPMENT PILATES Pro level 1		AERIAL YOGA		
24-25/06/2023	PERSONAL TRAINING Elite level 3	KETTLEBELLS TRAINING	Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ			MAT PILATES Adv level 2		AERIAL YOGA	SUP YOGA	
01-02/07/2023	PERSONAL TRAINING Elite level 3	KETTLEBELLS TRAINING	Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ			MAT PILATES Adv level 2		FUN KIDS YOGA	SUP YOGA	
				FENIKH E	ΕΕΤΑΣΤΙΚΗ ΟΛΩΝ ΤΩΝ ΕΙΔ					
08-09/07/2023	PERSONAL TRAINING Elite level 3	OLYMPIC WEIGHTLIFTING	Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ			MAT & PROPS PILATES Adv level 2		FUN KIDS YOGA		AERIAL TFD
15-16/07/2023	PERSONAL TRAINING Specialized level 4	OLYMPIC WEIGHTLIFTING				EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		
22-23/07/2023	PERSONAL TRAINING Specialized level 4					EQUIPMENT PILATES Adv level 2				ACE OBESITY FITNESS PROGRAMMING
29-30/07/2023	PERSONAL TRAINING Specialized level 4					EQUIPMENT PILATES Adv level 2				
	ΠΡΟΣΟΧΗ: Οι ημε	ρομηνίες διεξαγωγής	των εκπαιδευτικών	κύκλων δύναται να	τροποποιηθούν βάσ	ει των ειδικών συνθ	)ηκών και μέτρων (C	OVID 19) που μπορε	εί να εφαρμοσθούν.	