

Γενικό Πρόγραμμα GRAFTS HELLAS Αθήνας 2018 - 2019

ΚΑΤΕΓΟΡΙΑ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING		EXERCISE to MUSIC	PILATES	YOGA	WORKSHOPS - EXAMS	
01-02/09/2018							
08-09/09/2018							
15-16/09/2018		KETTLEBELLS					
22-23/09/2018	ΕΞΕΤΑΣΕΙΣ ΕΙΔΙΚΟΤΗΤΩΝ ΣΕΠΤΕΜΒΡΙΟΥ						CPR/AED
29-30/09/2018		KETTLEBELLS					PILATES PRENATAL
06-07/10/2018		OLYMPIC WEIGHTLIFTING					
13-14/10/2018		OLYMPIC WEIGHTLIFTING					PILATES ARC SPINE CORRECTOR
19-20-21/10/2018	6th GRAFTS FITNESS SUMMIT 2018 (ΑΘΗΝΑ) ΤΕΛΕΤΗ ΕΝΑΡΞΗΣ 2018 2019 & ΑΠΟΦΟΙΤΗΣΗΣ 2017 2018						ACE TEEN FITNESS
27-28/10/2018	28η Οκτωβρίου						
ΕΝΑΡΞΗ ΧΕΙΜΕΡΙΝΗΣ ΠΕΡΙΟΔΟΥ							
03-04/11/2018	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		
10-11/11/2018	CORE FITNESS Pro level 1 PILATES INTRO	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1 PILATES INTRO	CORE FITNESS Pro level 1		
17-18/11/2018	PERSONAL TRAINING Pro level 1			MAT PILATES Pro level 1			
24-25/11/2018	PERSONAL TRAINING Pro level 1			MAT PILATES Pro level 1	YOGA INTRO		
01-02/12/2018	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE		MAT PILATES Pro level 1	YOGA Pro level 1		
08-09/12/2018	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE		PROPS PILATES Pro level 1	YOGA Pro level 1		
15-16/12/2018	REVIEW PERSONAL TRAINING Pro level 1			PROPS PILATES Pro level 1	YOGA Pro level 1		
22-23/12/2018	CORE FITNESS Adv level 2			PROPS PILATES Pro level 1	YOGA Pro level 1		
29-30/12/2018	Χριστούγεννα						
05-06/01/2019	Χριστούγεννα						
12-13/01/2019	CORE FITNESS Adv level 2			EQUIPMENT PILATES Pro level 1	REVIEW YOGA TRAINING Pro level 1		
19-20/01/2019	PERSONAL TRAINING Adv level 2	ACE HEALTH COACH		EQUIPMENT PILATES Pro level 1	AERIAL YOGA		
26-27/01/2019	PERSONAL TRAINING Adv level 2	ACE HEALTH COACH		EQUIPMENT PILATES Pro level 1	AERIAL YOGA		
02-03/02/2019	PERSONAL TRAINING Adv level 2	ACE HEALTH COACH		MAT & PROPS PILATES Adv level 2	AERIAL YOGA		
09-10/02/2019	PERSONAL TRAINING Adv level 2	FUNCTIONAL METABOLIC TRAINING	PN TEAM - FST	MAT & PROPS PILATES Adv level 2	AERIAL YOGA		
16-17/02/2019	REVIEW PERSONAL TRAINING Adv level 2	FUNCTIONAL METABOLIC TRAINING	PN TEAM - FST	MAT & PROPS PILATES Adv level 2	FUN KIDS YOGA		
23-24/02/2019	PERSONAL TRAINING Elite level 3	CORRECTIVE EXERCISE FT COACH MI		EQUIPMENT PILATES Adv level 2	FUN KIDS YOGA		
02-03/03/2019	PERSONAL TRAINING Elite level 3	CORRECTIVE EXERCISE FT COACH MI		EQUIPMENT PILATES Adv level 2	FUN KIDS YOGA		ΕΞΕΤΑΣΕΙΣ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ
09-10/03/2019	Κ.Δευτέρα						
ΕΝΑΡΞΗ ΕΑΡΙΝΗΣ ΠΕΡΙΟΔΟΥ							
15-16-17/03/2019	PERSONAL TRAINING Elite level 3	CORRECTIVE EXERCISE FT COACH MI		EQUIPMENT PILATES Adv level 2		28th IHFC 2019 ΘΕΣΣΑΛΟΝΙΚΗ	
23-24/03/2019	CORE FITNESS Pro level 1		CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1		
30-31/03/2019	CORE FITNESS Pro level 1 PILATES INTRO	PERSONAL TRAINING Specialized level 4	CORE FITNESS Pro level 1 PILATES INTRO	CORE FITNESS Pro level 1 PILATES INTRO	CORE FITNESS Pro level 1		
06-07/04/2019	PERSONAL TRAINING Pro level 1	PERSONAL TRAINING Specialized level 4	EXERCISE to MUSIC Pro level 1	MAT PILATES Pro level 1			
13-14/04/2019	PERSONAL TRAINING Pro level 1	PERSONAL TRAINING Specialized level 4	EXERCISE to MUSIC Pro level 1	MAT PILATES Pro level 1	YOGA INTRO	ACE FITNESS PROGRAMMING & OBESITY	ACE SPORTS CONDITIONING
20-21/04/2019	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE	EXERCISE to MUSIC Pro level 1	MAT PILATES Pro level 1	YOGA Pro level 1		
27-28/04/2019	Πάσχα						
04-05/05/2019	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE	EXERCISE to MUSIC Pro level 1	PROPS PILATES Pro level 1	YOGA Pro level 1		
11-12/05/2019	CORE FITNESS Adv level 2		EXERCISE to MUSIC Pro level 1	PROPS PILATES Pro level 1	YOGA Pro level 1		
18-19/05/2019	CORE FITNESS Adv level 2	FUNCTIONAL METABOLIC TRAINING	AQUA FITNESS	PROPS PILATES Pro level 1	YOGA Pro level 1		
25-26/05/2019	PERSONAL TRAINING Adv level 2	FUNCTIONAL METABOLIC TRAINING	AQUA FITNESS	EQUIPMENT PILATES Pro level 1			
01-02/06/2019	PERSONAL TRAINING Adv level 2		AQUA FITNESS	EQUIPMENT PILATES Pro level 1	AERIAL YOGA		
08-09/06/2019	PERSONAL TRAINING Adv level 2	CORRECTIVE EXERCISE FT COACH MI	EXERCISE to MUSIC Adv level 2	EQUIPMENT PILATES Pro level 1	AERIAL YOGA		
15-16/06/2019	PERSONAL TRAINING Adv level 2	CORRECTIVE EXERCISE FT COACH MI	EXERCISE to MUSIC Adv level 2	MAT & PROPS PILATES Adv level 2	AERIAL YOGA		
22-23/06/2019	PERSONAL TRAINING Elite level 3	CORRECTIVE EXERCISE FT COACH MI	EXERCISE to MUSIC Adv level 2	MAT & PROPS PILATES Adv level 2	AERIAL YOGA		
29-30/06/2019	PERSONAL TRAINING Elite level 3		EXERCISE to MUSIC Adv level 2	MAT & PROPS PILATES Adv level 2			ΕΞΕΤΑΣΕΙΣ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ
06-07/07/2019	PERSONAL TRAINING Elite level 3	KETTLEBELLS	EXERCISE to MUSIC Adv level 2	EQUIPMENT PILATES Adv level 2	FUN KIDS YOGA		
13-14/07/2019	PERSONAL TRAINING Specialized level 4	KETTLEBELLS		EQUIPMENT PILATES Adv level 2	FUN KIDS YOGA		
20-21/07/2019	PERSONAL TRAINING Specialized level 4			EQUIPMENT PILATES Adv level 2	FUN KIDS YOGA	ACE FITNESS PROGRAMMING & OBESITY	
27-28/07/2019	PERSONAL TRAINING Specialized level 4						

ΕΠΕΞΗΓΗΣΕΙΣ ΕΚΠΑΙΔΕΥΤΙΚΩΝ ΚΥΚΛΩΝ (ΣΥΝΤΟΜΟΓΡΑΦΙΕΣ)

ΕΚΠΑΙΔΕΥΤΙΚΟΙ ΚΥΚΛΟΙ ΕΙΔΙΚΟΤΗΤΩΝ			ΑΝΕΞΑΡΤΗΤΟΙ ΕΚΠΑΙΔΕΥΤΙΚΟΙ ΚΥΚΛΟΙ			
PPT	Personal Training Pro level 1 - Fintness Assistant	EQF level 2	ACE HC	ACE Health Coach	DA	Dance Aerobic
APT	Personal Training Adv level 2 Fintness Instructor	EQF level 3	CEI MI	Corrective Exercise Module I by FT COACH	FST	Fight Sports Training
EPT	Personal Training Elite level 3 Personal Trainer	EQF level 4	CEI MII	Corrective Exercise Module II by FT COACH	PIL	Pilardio
SPT	Personal Training Specialist level 4 -Weight Management	EQF level 5	SE	Suspension Exercise	AQF	Aqua Fitness
ETM	Exersice to Music Instructor - Pro level 1		FMT	Functional Metabolic Training	AEYA	Aerial Yoga Arts
GFI	Exersice to Music Adv level 2 Group Fitness Instructor	EQF level 3	KT	Kettelbells Training	FKY	Fun Kids Yoga
EAT	Exersice to Music Elite level 3 Aerobic Trainer		OW	Olympic Weightliffitng		
PMPI	Mat Pilates Instructor Pro level 1					
PPPI	Props Pilates Instructor Pro level 1					
PEPI	Equipment Pilates Instructor Pro level 1					
AMPPT	Mat & Props Pilates Teacher Adv level 2	EQF level 4	WORKSHOPS			
AEPT	Equipment Pilates Teacher Adv level 2		Fitness Programming & Obesity by ACE		Pilates Arc - Spine Corrector	
PYI	Yoga Instructor Pro level 1		Sports Conditioning by ACE		Sports Pilates	
AYT	Yoga Teacher Adv level 2 - YWTT 200h		Small Group Training by ACE		Pilates on Air	
YET	Yoga Teacher Elite level 3 - YWTT 300h		Teen Fitness by ACE		Πρώτων Βοηθειών CPR/AED	
ΣΥΝΕΡΓΑΖΟΜΕΝΑ ΓΥΜΝΑΣΤΗΡΙΑ						
ΓΥΜΝΑΣΤΗΡΙΑ	BODYFIT	ΔΑΦΝΗ	Λ.ΒΟΥΛΙΑΓΜΕΝΗΣ 164			
	PEAK FITNESS	Π.ΦΑΛΗΡΟ	ΖΗΣΙΜΟΠΟΥΛΟΥ 69			
	MELEKOS HEALTH CLUB	ΛΙΜΟΣ	ΛΕΩΝΤΟΣ 4			