

Γενικό Πρόγραμμα **GRAFTS HELLAS Κομοτηνής 2018 - 2019**

KATEΥΘΥΝΣΕΙΣ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING	EXERCISE to MUSIC	PILATES	YOGA	WORKSHOPS	EVENTS
01-02/09/2018						
08-09/09/2018						
15-16/09/2018						
23/9/2018	ΕΞΕΤΑΣΕΙΣ ΕΙΔΙΚΟΤΗΤΩΝ ΣΕΠΤΕΜΒΡΙΟΥ					
29-30/09/2018						
06-07/10/2018	PERSONAL TRAINING Pro level 1	ΤΕΛΕΤΗ ΕΝΑΡΞΗΣ 2018 2019 & ΑΠΟΦΟΙΤΗΣΗΣ 2017 2018 ΕΝΑΡΞΗ ΧΕΙΜΕΡΙΝΗΣ ΠΕΡΙΟΔΟΥ				
13-14/10/2018	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1		
20-21/10/2018			EXERCISE to MUSIC Pro level 1			6th GRAFTS FITNESS SUMMIT
27-28/10/2018	28η Οκτωβρίου					
03-04/11/2018	PERSONAL TRAINING Pro level 1					
10-11/11/2018			EXERCISE to MUSIC Pro level 1	MAT PILATES Pro level 1		
17-18/11/2018			EXERCISE to MUSIC Pro level 1	MAT PILATES Pro level 1		
24-25/11/2018	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE		MAT PILATES Pro level 1		
01-02/12/2018			EXERCISE to MUSIC Pro level 1	PROPS PILATES Pro level 1		
08-09/12/2018	PERSONAL TRAINING Pro level 1	FUNCTIONAL METABOLIC TRAINING		PROPS PILATES Pro level 1		
15-16/12/2018			EXERCISE to MUSIC Pro level 1	PROPS PILATES Pro level 1		
22-23/12/2018	Χριστούγεννα					
29-30/12/2018						
05-06/01/2019						
12-13/01/2019	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	YOGA Pro level 1	
19-20/01/2019	PERSONAL TRAINING Adv level 2	KETTLEBELLS			YOGA Pro level 1	
26-27/01/2019					YOGA Pro level 1	
02-03/02/2019			EXERCISE to MUSIC Adv level 2			ACE HEALTH COACH
09/10/02/2019			EXERCISE to MUSIC Adv level 2			ACE HEALTH COACH
16-17/02/2019	PERSONAL TRAINING Adv level 2					ACE HEALTH COACH
23-24/02/2019		CORRECTIVE EXERCISE FT COACH MI	EXERCISE to MUSIC Adv level 2			
02-03/03/2019	PERSONAL TRAINING Adv level 2	CORRECTIVE EXERCISE FT COACH MI				
09-10/03/2019	ΚΑΘΑΡΑ ΔΕΥΤΕΡΑ					
15-16-17/03/2019	28th INTERNATIONAL HEALTH & FITNESS CONGRESS GRAFTS HELLAS 2019 (ΘΕΣΣΑΛΟΝΙΚΗ)					
23-24/03/2019			EXERCISE to MUSIC Adv level 2	EQUIPMENT PILATES Pro level 1	AERIAL YOGA	
30-31/03/2019	PERSONAL TRAINING Adv level 2	OLYMPIC WEIGHTLIFTING			AERIAL YOGA	
06-07/04/2019			EXERCISE to MUSIC Adv level 2	MAT & PROPS PILATES Adv level 2	AERIAL YOGA	
13-14/04/2019				MAT & PROPS PILATES Adv level 2		
20-21/04/2019	ΠΑΣΧΑ					
27-28/04/2019						
04-05/05/2019						
11-12/05/2019					YOGA KIDS	
18-19/05/2019	PERSONAL TRAINING Elite level 3				YOGA KIDS	ACE SPORTS CONDITIONING
25-26/05/2019	PERSONAL TRAINING Elite level 3					ACE SPORTS CONDITIONING
01-02/06/2019	PERSONAL TRAINING Specialized level 4					ACE FITNESS & OBESITY
08-09/06/2-19	PERSONAL TRAINING Specialized level 4					ACE TEEN FITNESS
15-16/06/2019	PERSONAL TRAINING Specialized level 4					ACE TEEN FITNESS
22-23/06/2019						
29-30/06/2019						
06-07/07/2019						
13-14/07/2019						
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	CEM1	Corrective Exercise Module 1 by FT COACH	FST	Fight Sports Training
EPT	Personal Training Elite level 3 Personal Trainer	EQF level 4	CEM2	Corrective Exercise Module 2 by FT COACH	PIL	Pilardio
SPT	Personal Training Specialist level 4 -Weight Management	EQF level 5	SE	Suspension Exercise	AYA	Aerial Yoga Arts
ETM	Exersice to Music Instructor - Pro level 1		FMT	Functional Metabolic Training	FKY	Fun Kids Yoga
GFI	Exersice to Music Adv level 2 Group Fitness Instructor	EQF level 3	KT	Kettelbells Training		
EAT	Exersice to Music Elite level 3 Aerobic Trainer		OW	Olympic Weightlfting		

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		Πρώτων Βοηθειών CPR/AED			