

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

KATEΓΟΡΙΕΣ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING	EXERCISE to MUSIC	PILATES	YOGA	WORKSHOPS
15-16/09/18	PERSONAL TRAINING Elite level 3	ΕΞΕΤΑΣΕΙΣ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ	ΕΞΕΤΑΣΕΙΣ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ	ΕΞΕΤΑΣΕΙΣ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ	ΕΞΕΤΑΣΕΙΣ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ
22-23/09/18	PERSONAL TRAINING Elite level 3				
29-30/09/18	PERSONAL TRAINING Elite level 4	PERSONAL TRAINING Specialized level 4			ACE FITNESS PROGRAMMING & OBESITY
06-07/10/18	PERSONAL TRAINING Specialized level 4				
13-14/10/18	PERSONAL TRAINING Specialized level 4				
19-20-21/10/18	6th GRAFTS FITNESS SUMMIT 2018 (ΑΘΗΝΑ) ΤΕΛΕΤΗ ΕΝΑΡΞΗΣ 2017 2018 & ΑΠΟΦΟΙΤΗΣΗΣ 2018 2019 - ΕΝΑΡΞΗ ΧΕΙΜΕΡΙΝΗΣ ΠΕΡΙΟΔΟΥ				
	28η Οκτωβρίου				
ΕΝΑΡΞΗ ΧΕΙΜΕΡΙΝΗΣ ΕΚΠΑΙΔΕΥΤΙΚΗΣ ΠΕΡΙΟΔΟΥ					
10-11/11/18	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
17-18/11/18	CORE FITNESS Pro level 1 PILATES & YOGA INTRO	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1 PILATES INTRO	CORE FITNESS Pro level 1 YOGA INTRO
24-25/11/18	PERSONAL TRAINING Pro level 1			MAT PILATES Pro level 1	
01-02/12/18	PERSONAL TRAINING Pro level 1			MAT PILATES Pro level 1	
08-09/12/18	PERSONAL TRAINING Pro level 1			MAT PILATES Pro level 1	
15-16/12/18	REVIEW PERSONAL TRAINING Pro level 1				YOGA Pro level 1
22-23/12/18	CORE FITNESS Adv level 2				YOGA Pro level 1
Χριστούγεννα					
12-13/01/19	PERSONAL TRAINING Adv level 2				YOGA Pro level 1
19-20/01/19	PERSONAL TRAINING Adv level 2			PROPS PILATES Pro level 1	
26-27/01/19	PERSONAL TRAINING Adv level 2			PROPS PILATES Pro level 1	
02-03/02/19	REVIEW PERSONAL TRAINING Adv level 2			PROPS PILATES Pro level 1	
09-10/02/19	PERSONAL TRAINING Elite level 3	SUSPENSION TRAINING		MAT & PROPS PILATES Adv level 2	
16-17/02/19	PERSONAL TRAINING Elite level 3	FUNCTIONAL METABOLIC TRAINING		MAT & PROPS PILATES Adv level 2	28th IHFC 2019 ΘΕΣ/ΝΙΚΗ
23-24/02/19	PERSONAL TRAINING Elite level 3			MAT & PROPS PILATES Adv level 2	
02-03/03/19	ΕΞΕΤΑΣΕΙΣ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ	ΕΞΕΤΑΣΕΙΣ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ	ΕΞΕΤΑΣΕΙΣ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ	ΕΞΕΤΑΣΕΙΣ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ	ΕΞΕΤΑΣΕΙΣ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ
09-10/03/19	Αποκριές				
16-17/03/19	PERSONAL TRAINING Specialized level 4				
23-24/03/19	PERSONAL TRAINING Specialized level 4				ACE FITNESS PROGRAMMING & OBESITY
30-31/03/19	PERSONAL TRAINING Specialized level 4				
ΕΝΑΡΞΗ ΘΕΡΙΝΗΣ ΕΚΠΑΙΔΕΥΤΙΚΗΣ ΠΕΡΙΟΔΟΥ					
13-14/04/19	CORE FITNESS Pro level 1		CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1
20-21/04/19	CORE FITNESS Pro level 1 / PERSONAL TRAINING Pro level 1		CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1
28-29/04/19	Πάσχα				
04-05/05/19	PERSONAL TRAINING Pro level 1	SUSPENSION TRAINING	EXERCISE to MUSIC Pro level 1		
11-12/05/19	PERSONAL TRAINING Pro level 1	FUNCTIONAL METABOLIC TRAINING	EXERCISE to MUSIC Pro level 1		
18-19/05/19	PERSONAL TRAINING Pro level 1		EXERCISE to MUSIC Pro level 1		
25-26/05/19	REVIEW PERSONAL TRAINING Pro level 1		EXERCISE to MUSIC Pro level 1		
01-02/06/19	CORE FITNESS Adv level 2		EXERCISE to MUSIC Pro level 1		
08-09/06/19	PERSONAL TRAINING Adv level 2		EXERCISE to MUSIC Adv level 2		
15-16/06/19	PERSONAL TRAINING Adv level 2		EXERCISE to MUSIC Adv level 2		
22-23/06/19	PERSONAL TRAINING Adv level 2		EXERCISE to MUSIC Adv level 2		
29-30/06/19	REVIEW PERSONAL TRAINING Adv Level 2		EXERCISE to MUSIC Adv level 2		
			EXERCISE to MUSIC Adv level 2		

**ΕΠΕΞΗΓΗΣΕΙΣ ΕΚΠΑΙΔΕΥΤΙΚΩΝ ΚΥΚΛΩΝ (ΣΥΝΤΟΜΟΓΡΑΦΙΕΣ)**

ΕΚΠΑΙΔΕΥΤΙΚΟΙ ΚΥΚΛΟΙ ΕΙΔΙΚΟΤΗΤΩΝ		ΑΝΕΞΑΡΤΗΤΟΙ ΕΚΠΑΙΔΕΥΤΙΚΟΙ ΚΥΚΛΟΙ	
<b>PPT</b>	Personal Training Pro level 1 - Fitness Assistant	EQF level 2	<b>SE</b> Suspension Exercise
<b>APT</b>	Personal Training Adv level 2 Fitness Instructor	EQF level 3	<b>KT</b> Kettelbells Training
<b>EPT</b>	Personal Training Elite level 3 Personal Trainer	EQF level 4	<b>VT</b> Vibration Training
<b>SPT</b>	Personal Training Specialist level 4 -Weight Management	EQF level 5	<b>FMT</b> Functional Metabolic Training
<b>ETM</b>	Exersice to Music Instructor - Pro level 1		<b>OW</b> Olympic Weightliffing
<b>GFI</b>	Exersice to Music Adv level 2 Group Fitness Instructor	EQF level 3	<b>CE</b> Corrective Exercise by FT COACH
<b>EAT</b>	Exersice to Music Elite level 3 Aerobic Trainer		<b>PIL</b> Pilardio
<b>PMPI</b>	Mat Pilates Instructor Pro level 1		<b>AYA</b> Aerial Yoga Arts
<b>PPPI</b>	Props Pilates Instructor Pro level 1		<b>FST</b> Fight Sports Training
<b>PEPI</b>	Equipment Pilates Instructor Pro level 1		<b>WORKSHOPS</b>
<b>AMPPT</b>	Mat & Props Pilates Teacher Adv level 2	EQF level 4	<b>FITNESS PROGRAMMING OBESITY by ACE</b>
<b>AEPT</b>	Equipment Pilates Teacher Adv level 2		<b>SPORTS CONDITIONING by ACE</b>
<b>PYI</b>	Yoga Instructor Pro level 1		<b>ΠΡΩΤΩΝ ΒΟΗΘΕΙΩΝ - CPR/AED</b>
<b>AYT</b>	Yoga Teacher Adv level 2 - YWTT 200h		<b>PILATES ARC-SPINE CORRECTOR</b>
<b>YET</b>	Yoga Teacher Elite level 3 - YWTT 300h		
ΣΥΝΕΡΓΑΖΟΜΕΝΑ ΓΥΜΝΑΣΤΗΡΙΑ			
<b>ΓΥΜΝΑΣΤΗΡΙΑ</b>	<b>REACTION GYM</b>		
	<b>ADDICTION GYM</b>		