

Γενικό Πρόγραμμα GRAFTS HELLAS Κύπρου 2018 - 2019

KATEYΘΥΝΣΕΙΣ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING		EXERCISE TO MUSIC	PILATES	YOGA	WORKSHOPS
ΕΝΑΡΞΗ ΧΕΙΜΕΡΙΝΗΣ ΠΕΡΙΟΔΟΥ						
8-9/9/2018			ACE HEALTH COACH			
15-16/9/2018			ACE HEALTH COACH			
22-23/9/2018			ACE HEALTH COACH			FITNESS PROGRAMMING OBESITY by ACE
29-30/9/2018	CORE FITNESS Pro level 1	PERSONAL TRAINING Specialized level 4	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 2
06-07/10/2018	PERSONAL TRAINING Pro level 1	PERSONAL TRAINING Specialized level 4				
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	PERSONAL TRAINING Pro level 1					6th GRAFTS FITNESS SUMMIT 2018
27-28/10/2018	PERSONAL TRAINING Pro level 1					
03-04/11/2018						ΠΡΩΤΩΝ ΒΟΗΘΕΙΩΝ - CPR/AED
10-11/11/2018	CORE FITNESS Adv level 2			CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	
17-18/11/2018	CORE FITNESS Adv level 2			CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	
24-25/11/2018	PERSONAL TRAINING Adv level 2					
01-02/12/2018	PERSONAL TRAINING Adv level 2					
08-09/12/2018	PERSONAL TRAINING Adv level 2					
15-16/12/2018	PERSONAL TRAINING EXAMS					
22-23/12/2018	PERSONAL TRAINING Elite level 3					
29-30/12/2018	ΧΡΙΣΤΟΥΓΕΝΝΑ & ΠΡΩΤΟΧΡΟΝΙΑ					
05-06/01/2019	ΕΝΑΡΞΗ ΕΑΡΙΝΗΣ ΠΕΡΙΟΔΟΥ					
12-13/01/2019	PERSONAL TRAINING Elite level 3	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	AERIAL YOGA
19-20/01/2019	PERSONAL TRAINING Elite level 3	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	AERIAL YOGA
26-27/01/2019				EXERCISE to MUSIC Pro level 1	MAT PILATES Pro level 1	ΠΡΩΤΩΝ ΒΟΗΘΕΙΩΝ - CPR/AED
02-03/02/2019	PERSONAL TRAINING EXAMS	PERSONAL TRAINING Pro level 1		EXERCISE to MUSIC Pro level 1		AERIAL YOGA
09-10/02/2019		PERSONAL TRAINING Pro level 1		EXERCISE to MUSIC Pro level 1	MAT PILATES Pro level 1	
16-17/02/2019						YOGA TEACHER Pro level 1
23-24/02/2019		PERSONAL TRAINING Pro level 1		EXERCISE to MUSIC Pro level 1		
02-03/03/2019		CORE FITNESS Adv level 2		CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	YOGA TEACHER Pro level 1
09-10/03/2019	ΚΑΘΑΡΑ ΔΕΥΤΕΡΑ					
16-17/03/2019		CORE FITNESS Adv level 2		CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	YOGA TEACHER Pro level 1
23-24/03/2019	25Η ΜΑΡΤΙΟΥ					
30-31/3/2019	1Η ΑΠΡΙΛΙΟΥ					
06-07/04/2019		PERSONAL TRAINING Adv level 2		EXERCISE to MUSIC Pro level 1	PROPS PILATES Pro level 1	
13-14/04/2019		PERSONAL TRAINING Adv level 2		EXERCISE to MUSIC Adv level 2	PROPS PILATES Pro level 1	
20-21/04/2019		PERSONAL TRAINING Adv level 2		EXERCISE to MUSIC Adv level 2	PROPS PILATES Pro level 1	
27-28/04/2019	ΠΑΣΧΑ					
04-05/05/2019		PERSONAL TRAINING Elite level 3		EXERCISE to MUSIC Adv level 2	MAT & PROPS PILATES Adv level 2	
11-12/05/2019		PERSONAL TRAINING Elite level 3		EXERCISE to MUSIC Adv level 2	MAT & PROPS PILATES Adv level 2	
18-19/05/2019		PERSONAL TRAINING Elite level 3		EXERCISE to MUSIC Adv level 2		FUN KIDS YOGA
25-26/05/2019			SUSPENSION EXERCISE			FUN KIDS YOGA
01-02/06/2019		PERSONAL TRAINING EXAMS		EXERCISE to MUSIC EXAMS Adv L2	EQUIPMENT PILATES Pro level 1	
08-09/06/2019			CORRECTIVE EXERCISE FT COACH MI		EQUIPMENT PILATES Pro level 1	ΠΡΩΤΩΝ ΒΟΗΘΕΙΩΝ - CPR/AED
15-16/06/2019	ΔΕΥΤΕΡΑ ΤΟΥ ΚΑΤΑΚΛΥΣΜΟΥ					
22-23/06/2019			OLYMPIC WEIGHTLIFTING		EQUIPMENT PILATES Adv level 2	
29-30/6/2019			FUNCTIONAL METABOLIC TRAINING			
06-07/07/2019						
13-14/07/2019						
20-21/07/2019						
27-28/07/2019	ΕΝΑΡΞΗ ΧΕΙΜΕΡΙΝΗΣ ΠΕΡΙΟΔΟΥ 2019 2020					
7-8/9/2019		PERSONAL TRAINING Specialized level 4				
14-15/9/2019		PERSONAL TRAINING Specialized level 4	ACE HEALTH COACH	SPORTS CONDITIONING by ACE		
21-22/9/2019			ACE HEALTH COACH	TEEN FITNESS WORKSHOP BY ACE	SMALL GROUP TRAINING WORKSHOP BY ACE	
28-29/9/2019			ACE HEALTH COACH	FITNESS PROGRAMMING OBESITY by ACE		
5/6/10/2019						

ΕΠΕΞΗΓΗΣΕΙΣ ΕΚΠΑΙΔΕΥΤΙΚΩΝ ΚΥΚΛΩΝ (ΣΥΝΤΟΜΟΓΡΑΦΙΕΣ)				
ΕΚΠΑΙΔΕΥΤΙΚΟΙ ΚΥΚΛΟΙ ΕΙΔΙΚΟΤΗΤΩΝ			ΑΝΕΞΑΡΤΗΤΟΙ ΕΚΠΑΙΔΕΥΤΙΚΟΙ ΚΥΚΛΟΙ	
PPT	Personal Training Pro level 1 - Fitness Assistant	EQF level 2	SE	Suspension Exercise
APT	Personal Training Adv level 2 - Fitness Instructor	EQF level 3	KT	Kettlebells Training
EPT	Personal Training Elite level 3 - Personal Trainer	EQF level 4	VT	Vibration Training
SPT	Personal Training Specialist level 4 - Weight Management	EQF level 5	FMT	Functional Metabolic Training
ETM	Exersice to Music Instructor - Pro level 1		OW	Olympic Weightliffing
GFI	Exersice to Music Adv level 2 - Group Fitness Instructor	EQF level 3	CE	Corrective Exercise by FT COACH
EAT	Exersice to Music Elite level 3 - Aerobic Trainer		AYA	Aerial Yoga Arts
PMPI	Mat Pilates Instructor Pro level 1		FKY	FUN KIDS YOGA
PPPI	Props Pilates Instructor Pro level 1			
PEPI	Equipment Pilates Instructor Pro level 1			WORKSHOPS
AMPPT	Mat & Props Pilates Teacher Adv level 2	EQF level 4		FITNESS PROGRAMMING OBESITY by ACE
AEPT	Equipment Pilates Teacher Adv level 2			SPORTS CONDITIONING by ACE
PVI	Yoga Instructor Pro level 1			ΠΡΩΤΩΝ ΒΟΗΘΕΙΩΝ - CPR/AED
AYT	Yoga Teacher Adv level 2 - YWTT 200h			PILATES ARC-SPINE CORRECTOR
YET	Yoga Teacher Elite level 3 - YWTT 300h			