

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

ΚΑΤΕΓΟΡΙΑΣ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING	EXERCISE to MUSIC	PILATES	YOGA	WORKSHOPS	EVENTS
19-20-21/10/2018					6th GRAFTS FITNESS SUMMIT 2018 (ΑΘΗΝΑ)	
27-28/10/2018	28η Οκτωβρίου					
ΕΝΑΡΞΗ ΧΕΙΜΕΡΙΝΗΣ ΠΕΡΙΟΔΟΥ						
03-04/11/2018						
10-11/11/2018						
17-18/11/2018	PERSONAL TRAINING Pro level 1	CORE FITNESS Pro level 1				
24-25/11/2018						
01-02/12/2018	PERSONAL TRAINING Pro level 1	CORE FITNESS Pro level 1				
08-09/12/2018				YOGA Pro level 1		
15-16/12/2018	PERSONAL TRAINING Pro level 1	CORE FITNESS Pro level 1		YOGA Pro level 1		
22-23/12/2018				YOGA Pro level 1		
29-30/12/2018	Χριστούγεννα					
05-06/01/2019	Χριστούγεννα					
12-13/01/2019	PERSONAL TRAINING Adv level 2	SUSPENSION EXERCISE				
19-20/01/2019				MAT PILATES Pro level 1		
26-27/01/2019				MAT PILATES Pro level 1		
02-03/02/2019						
09-10/02/2019	PERSONAL TRAINING Adv level 2	SUSPENSION EXERCISE				
16-17/02/2019				PROPS PILATES level 1 Pro		
23-24/02/2019				PROPS PILATES level 1 Pro		
02-03/03/2019						
09-10/03/2019	PERSONAL TRAINING Adv level 2	CORE FITNESS Adv level 2				
ΕΝΑΡΞΗ ΕΑΡΙΝΗΣ ΠΕΡΙΟΔΟΥ						
15-16-17/03/2019					28th IHFC 2019 ΘΕΣΣΑΛΟΝΙΚΗ	
23-24/03/2019				MAT & PROPS PILATES Adv level 2		
30-31/03/2019	PERSONAL TRAINING Elite level 3				ACE SPORTS CONDITIONING	
06-07/04/2019						
13-14/04/2019	PERSONAL TRAINING Elite level 3					
20-21/04/2019	PERSONAL TRAINING Specialized level 4				ACE FITNESS PROGRAMMING & OBESITY	
27-28/04/2019	Πάσχα					
04-05/05/2019	PERSONAL TRAINING Specialized level 4					
11-12/05/2019	PERSONAL TRAINING Specialized level 4					
18-19/05/2019						
25-26/05/2019						
01-02/06/2019						
08-09/06/2019						
15-16/06/2019						
22-23/06/2019						
29-30/06/2019						

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	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 Weightlifitng		
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	