

Γενικό Πρόγραμμα GRAFTS HELLAS Αθήνας 2020 - 2021

ΚΑΤΗΓΟΡΙΑΣ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING		GROUP TRAINING	PILATES TRAINING		YOGA TRAINING		WORKSHOPS EXAMS
05-06/09/2020		FUNCTIONAL CROSS TRAINING		EQUIPMENT PILATES Adv level 2				
12-13/09/2020		FUNCTIONAL CROSS TRAINING		EQUIPMENT PILATES Adv level 2				
19-20/09/2020	ΕΞΕΤΑΣΕΙΣ ΟΑΡΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ	ΕΞΕΤΑΣΕΙΣ ΟΑΡΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ	ΕΞΕΤΑΣΕΙΣ ΟΑΡΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ	EQUIPMENT PILATES Adv level 2	ΕΞΕΤΑΣΕΙΣ ΟΑΡΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ	ΕΞΕΤΑΣΕΙΣ ΟΑΡΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ	ΕΞΕΤΑΣΕΙΣ ΟΑΡΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ	
26-27/09/2020		OLYMPIC WEIGHTLIFTING					FUN KIDS YOGA	
03-04/10/2020		OLYMPIC WEIGHTLIFTING		EQUIPMENT PILATES Pro level 1			FUN KIDS YOGA	
10-11/10/2020					PILATES PRENATAL		FUN KIDS YOGA	
17-18/10/2020				EQUIPMENT PILATES Pro level 1				
ΤΕΛΕΤΗ ΕΝΑΡΞΗΣ 2020 2021 & ΑΠΟΦΟΙΤΗΣΗΣ 2019 2020								CPR/AED
ΧΕΙΜΕΡΙΝΗ ΠΕΡΙΟΔΟΣ								
24-25/10/2020	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		
28η Οκτωβρίου								
31/10-01/11/2020	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1 PILATES INTRO	PILATES ARC SPINE CORRECTOR	CORE FITNESS Pro level 1	YOGA TRAINING Adv level 2	
				EQUIPMENT PILATES Pro level 1				
07-08/11/2020	PERSONAL TRAINING Pro level 1			MAT PILATES Pro level 1				
14-15/11/2020	PERSONAL TRAINING Pro level 1			MAT PILATES Pro level 1		YOGA INTRO		
21-22/11/2020	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE		MAT PILATES Pro level 1		YOGA TRAINING Pro level 1	YOGA TRAINING Adv level 2	
28-29/11/2020	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE		PROPS PILATES Pro level 1		YOGA TRAINING Pro level 1		
05-06/12/2020	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2		PROPS PILATES Pro level 1	CORE FITNESS Adv level 2	YOGA TRAINING Pro level 1	YOGA TRAINING Adv level 2	
12-13/12/2020	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2		EQUIPMENT PILATES Pro level 1	CORE FITNESS Adv level 2	YOGA TRAINING Pro level 1		
19-20/12/2020	PERSONAL TRAINING Adv level 2	ACE HEALTH COACH		EQUIPMENT PILATES Pro level 1		REVIEW YOGA TRAINING Pro level 1	YOGA TRAINING Adv level 2	
26-27/12/2020	Χριστούγεννα							
02-03/01/2021	Χριστούγεννα							
09-10/01/2021	PERSONAL TRAINING Adv level 2	ACE HEALTH COACH		EQUIPMENT PILATES Pro level 1		AERIAL YOGA	YOGA TRAINING Adv level 2	
16-17/01/2021	PERSONAL TRAINING Adv level 2	ACE HEALTH COACH		MAT PILATES Adv level 2		AERIAL YOGA		
23-24/01/2021	PERSONAL TRAINING Adv level 2	CORRECTIVE EXERCISE FT COACH MI		MAT PILATES Adv level 2		AERIAL YOGA	YOGA TRAINING Adv level 2	
30-31/01/2021	PERSONAL TRAINING Elite level 3	CORRECTIVE EXERCISE FT COACH MI		MAT PILATES Adv level 2		AERIAL YOGA		ACE SPORTS CONDITIONING
06-07/02/2021	PERSONAL TRAINING Elite level 3	FUNCTIONAL CROSS TRAINING	GROUP TRAINING Pro level 1	PROPS PILATES Adv level 2			YOGA TRAINING Adv level 2	
13-14/02/2021	PERSONAL TRAINING Elite level 3	FUNCTIONAL CROSS TRAINING	GROUP TRAINING Pro level 1	EQUIPMENT PILATES Adv level 2				ACE TEEN FITNESS
20-21/02/2021	PERSONAL TRAINING Specialized level 4		GROUP TRAINING Pro level 1	EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA	YOGA TRAINING Adv level 2	ACE OBESITY FITNESS PROGRAMMING
27-28/02/2021	PERSONAL TRAINING Specialized level 4	KETTLEBELLS TRAINING	GROUP TRAINING Pro level 1	EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		ΕΞΕΤΑΣΕΙΣ ΟΑΡΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ
06-07/03/2021	PERSONAL TRAINING Specialized level 4	KETTLEBELLS TRAINING	GROUP TRAINING Pro level 1		PILATES PRENATAL	FUN KIDS YOGA	YOGA TRAINING Adv level 2	
13-14/03/2021	Κ.Δευτέρα							
ΕΑΡΙΝΗ ΠΕΡΙΟΔΟΣ								
20-21/03/2021	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		
27-28/03/2021	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1 PILATES INTRO	PILATES ARC SPINE CORRECTOR	CORE FITNESS Pro level 1		
03-04/04/2021	PERSONAL TRAINING Pro level 1			MAT PILATES Pro level 1				
10-11/04/2021	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE		MAT PILATES Pro level 1		YOGA INTRO		
17-18/04/2021	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE		MAT PILATES Pro level 1		YOGA TRAINING Pro level 1		
24-25/04/2021	PERSONAL TRAINING Pro level 1		AQUA FITNESS	PROPS PILATES Pro level 1		YOGA TRAINING Pro level 1		
01-02/05/2021	Πάσχα							
08-09/05/2021	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	AQUA FITNESS	PROPS PILATES Pro level 1	CORE FITNESS Adv level 2	YOGA TRAINING Pro level 1		
15-16/05/2021	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	AQUA FITNESS	EQUIPMENT PILATES Pro level 1	CORE FITNESS Adv level 2	YOGA TRAINING Pro level 1		
22-23/05/2021	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING		EQUIPMENT PILATES Pro level 1		REVIEW YOGA TRAINING Pro level 1		
29-30/05/2021	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING		EQUIPMENT PILATES Pro level 1		AERIAL YOGA		
05-06/06/2021	PERSONAL TRAINING Adv level 2			MAT PILATES Adv level 2		AERIAL YOGA		
12-13/06/2021	PERSONAL TRAINING Adv level 2	CORRECTIVE EXERCISE FT COACH MI		MAT PILATES Adv level 2		AERIAL YOGA		
19-20/06/2021	PERSONAL TRAINING Elite level 3	CORRECTIVE EXERCISE FT COACH MI		MAT PILATES Adv level 2		AERIAL YOGA		
26-27/06/2021	PERSONAL TRAINING Elite level 3			PROPS PILATES Adv level 2				ΕΞΕΤΑΣΕΙΣ ΟΑΡΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ
03-04/07/2021	PERSONAL TRAINING Elite level 3	OLYMPIC WEIGHTLIFTING		EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		
10-11/07/2021	PERSONAL TRAINING Specialized level 4	OLYMPIC WEIGHTLIFTING		EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		
17-18/07/2021	PERSONAL TRAINING Specialized level 4			EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		ACE OBESITY FITNESS PROGRAMMING
24-25/07/2021	PERSONAL TRAINING Specialized level 4							
31/07-01/08/2021								

ΠΡΟΣΟΧΗ: Οι ημερομηνίες διεξαγωγής των εκπαιδευτικών κύκλων δύναται να τροποποιηθούν βάσει των ειδικών συνθηκών και μέτρων (COVID 19) που μπορεί να εφαρμοσθούν.

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	AQF	Aqua Fitness	
EPT	Personal Training Elite level 3 Personal Trainer	EQF level 4	CEI MII	Corrective Exercise Module II by FT COACH	AEYA	Aerial Yoga Arts	
SPT	Personal Training Specialist level 4 -Weight Management		SE	Suspension Exercise	FKY	Fun Kids Yoga	
PGT	Group Training - Pro level 1 Body Conditioning Instructor		FCT	Functional Cross Training	SUY	Sup Yoga	
AGT	Group Training - Adv level 2 Group Fitness Instructor	EQF level 3	KT	Kettelbells Training			
EGT	Group Training- Elite level 3 Aerobic Trainer		OW	Olympic Weightliftng			
PMPI	Mat Pilates Instructor Pro level 1						
PPPI	Props Pilates Instructor Pro level 1						
PEPI	Equipment Pilates Instructor Pro level 1						
AMPT	Mat Pilates Teacher Adv level 2		WORKSHOPS				
APPT	Props Pilates Teacher Adv level 2	EQF level 4	Sports Conditioning by ACE		Pilates Pre & Postnatal		
AEPT	Equipment Pilates Teacher Adv level 2		Fitness Programming & Obesity by ACE		Pilates Arc - Spine Corrector		
PYI	Yoga Instructor Pro level 1		Small Group Training by ACE		Sports Pilates		
AYT	Yoga Teacher Adv level 2 - YWTT 200h		Teen Fitness by ACE		Pilates on Air		
YET	Yoga Teacher Elite level 3 - YWTT 300h		Πρώτων Βοηθειών CPR/AED				