

**Γενικό Πρόγραμμα GRAFTS HELLAS Κομοτηνής 2022 - 2023**

ΚΑΤΕΥΘΥΝΣΕΙΣ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING			GROUP TRAINING		PILATES TRAINING		YOGA TRAINING		WORKSHOPS
03-04/09/2022										
10-11/09/2022										
17-18/09/2022										
24-25/09/2022										
01-02/10/2022	ΓΕΝΙΚΗ ΕΞΕΤΑΣΤΙΚΗ ΟΔΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ									
08-09/10/2022										
15-16/10/2022	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	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	
22-23/10/2022	8th GRAFTS FITNESS SUMMIT 2022									
	<b>28η Οκτωβρίου</b>									
29-30/10/2022	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	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	
05-06/11/2022	PERSONAL TRAINING Pro level 1	INTRO FCT INTRO SUSPENSION								
12-13/11/2022					GROUP TRAINING Pro level 1	PILATES INTRO		YOGA INTRO		
19-20/11/2022	PERSONAL TRAINING Pro level 1	INTRO CORRECTIVE EXERCISE				MAT PILATES Pro level 1				
26-27/11/2022					GROUP TRAINING Pro level 1	MAT PILATES Pro level 1				
03-04/12/2022	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	GROUP TRAINING Pro level 1	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	
10-11/12/2022	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	GROUP TRAINING Pro level 1	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	
17-18/12/2022	PERSONAL TRAINING Pro level 1		Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ			MAT PILATES Pro level 1				
24-25/12/2022	<b>Χριστούγεννα</b>									
31/12/2022-01/01/2023	<b>Χριστούγεννα</b>									
07-08/01/2023	PERSONAL TRAINING Pro level 1		Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ							
14-15/01/2023			Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ	GROUP TRAINING Adv level 2		PROPS PILATES Pro level 1				
21-22/01/2023			Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ	GROUP TRAINING Adv level 2						
28-29/01/2023	PERSONAL TRAINING Adv level 2	SUSPENSION EXERCISE		GROUP TRAINING Adv level 2						
04-05/02/2023						PROPS PILATES Pro level 1		YOGA TRAINING Pro level 1		
11-12/02/2023	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING	ACE HEALTH COACH	GROUP TRAINING Adv level 2						
18-19/02/2023			ACE HEALTH COACH			REFORMER PILATES Pro level 1		YOGA TRAINING Pro level 1		
25-26/02/2023	<b>Κ.Δευτέρα</b>									
04-05/03/2023	PERSONAL TRAINING Adv level 2	KETTLEBELLS TRAINING	ACE HEALTH COACH					YOGA TRAINING Pro level 1		
11-12/03/2023	PERSONAL TRAINING Adv level 2	OLYMPIC WEIGHTLIFTING		GROUP TRAINING Adv level 2						
18-19/03/2023						MAT PILATES Adv level 2		AERIAL YOGA		
25-26/03/2023	<b>25η Μαρτίου</b>									
01-02/04/2023						MAT PILATES Adv level 2		AERIAL YOGA		
08-09/04/2023	<b>Πάσχα</b>									
15-16/04/2023	<b>Πάσχα</b>									
22-23/04/2023	<b>Πάσχα</b>									
29-30/04/2023	PERSONAL TRAINING Elite level 3					PROPS PILATES Adv level 2				
06-07/05/2023	PERSONAL TRAINING Elite level 3					REFORMER PILATES Adv level 2				
13-14/05/2023	PERSONAL TRAINING Elite level 3							FUN KIDS YOGA	ΕΞΕΤΑΣΕΙΣ ΟΔΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ	
20-21/05/2023	PERSONAL TRAINING Specialized level 4			GROUP TRAINING Elite level 3				FUN KIDS YOGA		
27-28/05/2023	PERSONAL TRAINING Specialized level 4			GROUP TRAINING Elite level 3						ACE OBESITY FITNESS PROGRAMMING
03-04/06/2023	PERSONAL TRAINING Specialized level 4									
10-11/06/2023										
17-18/06/2023										
24-25/06/2023										

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