

Γενικό Πρόγραμμα GRAFTS HELLAS Ηρακλείου Κρήτης 2022 - 2023

ΚΑΤΕΓΟΡΙΑ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING			GROUP TRAINING		PILATES TRAINING		YOGA TRAINING		WORKSHOPS
03-04/09/2022										
10-11/09/2022		OLYMPIC WEIGHTLIFTING			GROUP TRAINING Pro level 1			SUP YOGA		
17-18/09/2022		OLYMPIC WEIGHTLIFTING			GROUP TRAINING Pro level 1	AQUA FITNESS		SUP YOGA	FUN KIDS YOGA	PILATES PRENATAL
24-25/09/2022	ΓΕΝΙΚΗ ΕΞΕΤΑΣΤΙΚΗ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ									
01-02/10/2022					GROUP TRAINING Pro level 1	AQUA FITNESS			FUN KIDS YOGA	PILATES ARC SPINE CORRECTOR
08-09/10/2022					GROUP TRAINING Pro level 1					ΠΡΩΤΕΣ ΒΟΗΘΕΙΕΣ CPR/AED
ΧΕΙΜΕΡΙΝΗ ΠΕΡΙΟΔΟΣ										
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 - ΤΕΛΕΤΗ ΕΝΑΡΞΗΣ 2022 2023 & ΑΠΟΦΟΙΤΗΣΗΣ 2021 2022									
28η Οκτωβρίου										
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	PILATES INTRO	PILATES INTRO	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1
05-06/11/2022	PERSONAL TRAINING Pro level 1						MAT PILATES Pro level 1			
12-13/11/2022	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE					MAT PILATES Pro level 1		YOGA INTRO	
19-20/11/2022	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE					MAT PILATES Pro level 1		YOGA TRAINING Pro level 1	
26-27/11/2022	PERSONAL TRAINING Pro level 1						PROPS PILATES Pro level 1		YOGA TRAINING 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	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	YOGA TRAINING Pro level 1	
10-11/12/2022	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	YOGA TRAINING Pro level 1	
17-18/12/2022	PERSONAL TRAINING Adv level 2						PROPS PILATES Pro level 1		REVIEW YOGA TRAINING Pro level 1	
24-25/12/2022	Χριστούγεννα									
31/12/2022-01/01/2023	Χριστούγεννα									
07-08/01/2023	PERSONAL TRAINING Adv level 2	ACE HEALTH COACH	Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ				EQUIPMENT PILATES Pro level 1		AERIAL YOGA	
14-15/01/2023	PERSONAL TRAINING Adv level 2	ACE HEALTH COACH	Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ				EQUIPMENT PILATES Pro level 1		AERIAL YOGA	
21-22/01/2023	PERSONAL TRAINING Adv level 2	ACE HEALTH COACH	Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ				EQUIPMENT PILATES Pro level 1		AERIAL YOGA	
28-29/01/2023	PERSONAL TRAINING Elite level 3	FUNCTIONAL CROSS TRAINING	Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ				MAT PILATES Adv level 2		AERIAL YOGA	
04-05/02/2023	PERSONAL TRAINING Elite level 3	FUNCTIONAL CROSS TRAINING					MAT PILATES Adv level 2		FUN KIDS YOGA	
11-12/02/2023	PERSONAL TRAINING Elite level 3	CORRECTIVE EXERCISE FT COACH MI					MAT & PROPS PILATES Adv level 2		FUN KIDS YOGA	AERIAL TFD
18-19/02/2023	PERSONAL TRAINING Specialized level 4	CORRECTIVE EXERCISE FT COACH MI					EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA	
25-26/02/2023	Κ.Δευτέρα									
04-05/03/2023	PERSONAL TRAINING Specialized level 4	KETTLEBELLS TRAINING					EQUIPMENT PILATES Adv level 2			ACE OBESITY FITNESS PROGRAMMING
04-05/03/2023	PERSONAL TRAINING Specialized level 4	KETTLEBELLS TRAINING					EQUIPMENT PILATES Adv level 2			
11-12/03/2023	ΓΕΝΙΚΗ ΕΞΕΤΑΣΤΙΚΗ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ									
ΕΑΡΙΝΗ ΠΕΡΙΟΔΟΣ										
18-19/03/2023	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	
25-26/03/2023	25η Μαρτίου									
01-02/04/2023	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	
08-09/04/2023	PERSONAL TRAINING Pro level 1						MAT PILATES Pro level 1		YOGA INTRO	
15-16/04/2023	Πάσχα									
22-23/04/2023	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE					MAT PILATES Pro level 1		YOGA TRAINING Pro level 1	
29-30/04/2023	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE					MAT PILATES Pro level 1		YOGA TRAINING Pro level 1	
06-07/05/2023	PERSONAL TRAINING Pro level 1						PROPS PILATES Pro level 1		YOGA TRAINING Pro level 1	
13-14/05/2023	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	YOGA TRAINING Pro level 1	
20-21/05/2023	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	REVIEW YOGA TRAINING Pro level 1	
27-28/05/2023	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING					PROPS PILATES Pro level 1			
03-04/06/2023	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING				AQUA FITNESS	EQUIPMENT PILATES Pro level 1		AERIAL YOGA	
10-11/06/2023	PERSONAL TRAINING Adv level 2	CORRECTIVE EXERCISE FT COACH MI				AQUA FITNESS	EQUIPMENT PILATES Pro level 1		AERIAL YOGA	
17-18/06/2023	PERSONAL TRAINING Adv level 2	CORRECTIVE EXERCISE FT COACH MI	Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ			AQUA FITNESS	EQUIPMENT PILATES Pro level 1		AERIAL YOGA	
24-25/06/2023	PERSONAL TRAINING Elite level 3	KETTLEBELLS TRAINING	Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ				MAT PILATES Adv level 2		AERIAL YOGA	SUP YOGA
01-02/07/2023	PERSONAL TRAINING Elite level 3	KETTLEBELLS TRAINING	Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ				MAT PILATES Adv level 2		FUN KIDS YOGA	SUP YOGA
ΓΕΝΙΚΗ ΕΞΕΤΑΣΤΙΚΗ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ										
08-09/07/2023	PERSONAL TRAINING Elite level 3	OLYMPIC WEIGHTLIFTING	Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ				MAT & PROPS PILATES Adv level 2		FUN KIDS YOGA	AERIAL TFD
15-16/07/2023	PERSONAL TRAINING Specialized level 4	OLYMPIC WEIGHTLIFTING					EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA	
22-23/07/2023	PERSONAL TRAINING Specialized level 4						EQUIPMENT PILATES Adv level 2			ACE OBESITY FITNESS PROGRAMMING
29-30/07/2023	PERSONAL TRAINING Specialized level 4						EQUIPMENT PILATES Adv level 2			

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