

Γενικό Πρόγραμμα GRAFTS HELLAS Θεσσαλονίκης 2022-2023

ΚΑΤΕΥΘΥΝΣΕΙΣ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING				GROUP TRAINING		PILATES TRAINING	YOGA TRAINING	WORKSHOPS EVENTS
17-18/09/2022									
24-25/09/2022	ΓΕΝΙΚΗ ΕΞΕΤΑΣΤΙΚΗ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ								
1-2/10/2022									
9/10/2022	ΤΕΛΕΤΗ ΕΝΑΡΞΗΣ - ΑΠΟΝΟΜΗ ΠΤΥΧΙΩΝ								
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	
22-23/10/2022	PERSONAL TRAINING Pro level 1								8th GRAFTS FITNESS SUMMIT ΑΘΗΝΑ
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	
5-6/11/2022	PERSONAL TRAINING Pro level 1	OLYMPIC WEIGHTLIFTING TRAINING			GROUP TRAINING Pro level 1		MAT PILATES Pro level 1		
12-13/11/2022	PERSONAL TRAINING Pro level 1				GROUP TRAINING Pro level 1		MAT PILATES Pro level 1		
19-20/11/2022	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE			GROUP TRAINING Pro level 1		MAT PILATES Pro level 1	YOGA Pro level 1	
26-27/11/2022	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE			GROUP TRAINING Pro level 1		PROPS PILATES Pro level 1	YOGA Pro level 1	
3-4/12/2022	CORE FITNESS Adv level 2	KETTLEBELLS TRAINING	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	GROUP TRAINING Pro level 1		PROPS PILATES Pro level 1	YOGA Pro level 1	
10-11/12/2022	CORE FITNESS Adv level 2		CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	GROUP TRAINING Adv level 2		MAT & PROPS PILATES Adv level 2	YOGA Pro level 1	
17-18/12/2022	PERSONAL TRAINING Adv level 2				GROUP TRAINING Adv level 2		MAT & PROPS PILATES Adv level 2	YOGA Pro level 1	
24-25/12/2022	Χριστούγεννα								
31-1/01/2023									
7-8/01/2023	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING	ACE HEALTH COACH	Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ	GROUP TRAINING Adv level 2		MAT & PROPS PILATES Adv level 2		
14-15/01/2023	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING	ACE HEALTH COACH	Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ	GROUP TRAINING Adv level 2		EQUIPMENT PILATES Pro level 1	FUN KIDS YOGA	
21-22/01/2023	PERSONAL TRAINING Adv level 2		ACE HEALTH COACH	Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ	GROUP TRAINING Adv level 2		EQUIPMENT PILATES Pro level 1	FUN KIDS YOGA	
28-29/01/2023	PERSONAL TRAINING Elite level 3			Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ		ΕΞΕΤΑΣΕΙΣ GROUP TRAINING	EQUIPMENT PILATES Adv level 2		
04-05/02/2023	PERSONAL TRAINING Elite level 3						EQUIPMENT PILATES Adv level 2	AERIAL YOGA	
11-12/02/2023	PERSONAL TRAINING Elite level 3							AERIAL YOGA	
18-19/02/2023	PERSONAL TRAINING SSpecialized level 4	KETTLEBELLS TRAINING					ΕΞΕΤΑΣΕΙΣ PILATES TRAINING		
25-26/02/2023	Καθαρά Δευτέρα								
04-05/03/2023	PERSONAL TRAINING SSpecialized level 4								ACE OBESITY FITNESS PROGRAMMING
11-12/03/2023	PERSONAL TRAINING SSpecialized level 4								
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	
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	
08-09/04/2023	PERSONAL TRAINING Pro level 1				GROUP TRAINING Pro level 1		MAT PILATES Pro level 1		
15-16/04/2023	Πάσχα								
22-23/04/2023	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE			GROUP TRAINING Pro level 1		MAT PILATES Pro level 1	YOGA Pro level 1	
29-30/04/2023	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE			GROUP TRAINING Pro level 1		PROPS PILATES Pro level 1	YOGA Pro level 1	
06-07/05/2023	PERSONAL TRAINING Adv level 2				GROUP TRAINING Pro level 1		PROPS PILATES Pro level 1	YOGA Pro level 1	
13-14/05/2023	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	MAT & PROPS PILATES Adv level 2	YOGA Pro level 1	
20-21/05/2023	CORE FITNESS Adv level 2		CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	GROUP TRAINING Adv level 2	CORE FITNESS Adv level 2	MAT & PROPS PILATES Adv level 2	YOGA Pro level 1	
27-28/05/2023	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING			GROUP TRAINING Adv level 2		EQUIPMENT PILATES Pro level 1		
03-04/06/2023	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING			GROUP TRAINING Adv level 2		EQUIPMENT PILATES Pro level 1	FUN KIDS YOGA	
10-11/06/2023	PERSONAL TRAINING Elite level 3				GROUP TRAINING Adv level 2		EQUIPMENT PILATES Adv level 2	FUN KIDS YOGA	
17-18/06/2023	PERSONAL TRAINING Elite level 3				GROUP TRAINING Adv level 2		EQUIPMENT PILATES Adv level 2	AERIAL YOGA	
24-25/06/2023	PERSONAL TRAINING Elite level 3				GROUP TRAINING Adv level 2	ΕΞΕΤΑΣΕΙΣ GROUP TRAINING	ΕΞΕΤΑΣΕΙΣ PILATES TRAINING	AERIAL YOGA	