Γενικό Πρόγραμμα GRAFTS HELLAS Αθήνας 2023 - 2024

ΚΑΤΕΥΘΥΝΣΕΙΣ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING			GROUP FITNESS TRAINING		PILATES TEACHER TRAINING		YOGA TEACHER TRAINING		WORKSHOPS
02-03/09/2023										
09-10/09/2023				GROUP TRAINING Pro level 1		PILATES REFORMER	PILATES PRENATAL			
16-17/09/2023			Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ	GROUP TRAINING Pro level 1		PILATES REFORMER	PILATES ARC SPINE CORRECTOR			
23-24/09/2023	ΓΕΝΙΚΗ ΕΞΕΤΑΣΤΙΚΗ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ									
			Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ	GROUP TRAINING Pro level 1		EQUIPMENT PILATES Elite level 3				
30/09-01/10/2023			Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ	GROUP TRAINING Pro level 1		EQUIPMENT PILATES Elite level 3				
07-08/10/2023			Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ	GROUP TRAINING Pro level 1		EQUIPMENT PILATES Elite level 3				ΠΡΩΤΕΣ ΒΟΗΘΕΙΕΣ CPR/AED
ΧΕΙΜΕΡΙΝΗ ΕΚΠΑΙΔΕΥΤΙΚΗ ΠΕΡΙΟΔΟΣ										
14-15/10/2023	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	
21-22/10/2023	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 PILATES INTRO	CORE FITNESS Pro level 1 PILATES INTRO	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	
28-29/10/2023	28η Οκτωβρίου									
04-05/11/2023	PERSONAL TRAINING Pro level 1					MAT PILATES Pro level 1				
11-12/11/2023	PERSONAL TRAINING Pro level 1					MAT PILATES Pro level 1		YOGA INTRO		
18-19/11/2023	PERSONAL TRAINING Pro level 1					MAT PILATES Pro level 1		YOGA TRAINING Pro level 1		
25-26/11/2023	PERSONAL TRAINING Pro level 1					PROPS PILATES Pro level 1		YOGA TRAINING Pro level 1		
02-03/12/2023	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	PILATES REFORMER	YOGA TRAINING Pro level 1		
09-10/12/2023	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	PILATES REFORMER	YOGA TRAINING Pro level 1		
16-17/12/2023	PERSONAL TRAINING Adv level 2					PROPS PILATES Pro level 1		REVIEW YOGA TRAINING Pro level 1		
23-24/12/2023	PERSONAL TRAINING Adv level 2					EQUIPMENT PILATES Pro level 1				
30-31/12/2023	Χριστούγεννα									
06-07/01/2024										
13-14/01/2024	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING				EQUIPMENT PILATES Pro level 1		AERIAL YOGA		
20-21/01/2024	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING				EQUIPMENT PILATES Pro level 1		AERIAL YOGA		
27-28/01/2024	PERSONAL TRAINING Elite level 3	SUSPENSION EXERCISE				MAT PILATES Adv level 2		AERIAL YOGA		
03-04/02/2024	PERSONAL TRAINING Elite level 3	SUSPENSION EXERCISE				MAT PILATES Adv level 2		AERIAL YOGA		
10-11/02/2024	PERSONAL TRAINING Elite level 3	KETTLEBELLS TRAINING				MAT & PROPS PILATES Adv level 2		FUN KIDS YOGA		
17-18/02/2024	PERSONAL TRAINING WEIGHT MANAGEMENT Specialized level 4	KETTLEBELLS TRAINING				EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		
24-25/02/2024	PERSONAL TRAINING WEIGHT MANAGEMENT Specialized level 4	OLYMPIC WEIGHTLIFTING				EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		
02-03/03/2024	PERSONAL TRAINING WEIGHT MANAGEMENT Specialized level 4	OLYMPIC WEIGHTLIFTING				EQUIPMENT PILATES Adv level 2				AERIAL TFD
09-10/03/2024	ΓΕΝΙΚΗ ΕΞΕΤΑΣΤΙΚΗ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ									PILATES PRENATAL
ΕΑΡΙΝΗ ΕΚΠΑΙΔΕΥΤΙΚΗ ΠΕΡΙΟΔΟΣ										
09-10/03/2024	CORE FITNESS Pro level 1	PERSONAL TRAINING DIABETES MELLITUS Specialized level 4	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		
16-17/03/2024	Κ.Δευτέρα									
23-24/03/2024	CORE FITNESS Pro level 1	PERSONAL TRAINING DIABETES MELLITUS Specialized level 4	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1 PILATES INTRO	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1		
30-31/03/2024	PERSONAL TRAINING Pro level 1					MAT PILATES Pro level 1				
06-07/04/2024	PERSONAL TRAINING Pro level 1	PERSONAL TRAINING DIABETES MELLITUS Specialized level 4				MAT PILATES Pro level 1				
13-14/04/2024	PERSONAL TRAINING Pro level 1					MAT & PROPS PILATES Pro level 1		YOGA INTRO		
20-21/04/2024	PERSONAL TRAINING Pro level 1		Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ			PROPS PILATES Pro level 1		YOGA TRAINING Pro level 1		
27-28/04/2024	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		
04-05/05/2024	Πάσχα									
11-12/05/2024	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		
18-19/05/2024	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING	Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ		AQUA FITNESS	EQUIPMENT PILATES Pro level 1		YOGA TRAINING Pro level 1		
25-26/05/2024	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING	Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ		AQUA FITNESS	EQUIPMENT PILATES Pro level 1		AERIAL YOGA		
01-02/06/2024	PERSONAL TRAINING Adv level 2	SUSPENSION EXERCISE	Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ		AQUA FITNESS	EQUIPMENT PILATES Pro level 1		AERIAL YOGA		
08-09/06/2024	PERSONAL TRAINING Adv level 2	SUSPENSION EXERCISE				MAT PILATES Adv level 2		AERIAL YOGA		
15-16/06/2024	PERSONAL TRAINING Elite level 3	KETTLEBELLS TRAINING				MAT PILATES Adv level 2		AERIAL YOGA		
22-23/06/2024	PERSONAL TRAINING Elite level 3	KETTLEBELLS TRAINING				MAT & PROPS PILATES Adv level 2		FUN KIDS YOGA		
29-30/06/2024	ΓΕΝΙΚΗ ΕΞΕΤΑΣΤΙΚΗ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ									
	PERSONAL TRAINING Elite level 3	OLYMPIC WEIGHTLIFTING				EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		
06-07/07/2024	PERSONAL TRAINING Specialized level 4	OLYMPIC WEIGHTLIFTING				EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		AERIAL TFD
13-14/07/2024	PERSONAL TRAINING Specialized level 4					EQUIPMENT PILATES Adv level 2				
20-21/07/2024	PERSONAL TRAINING Specialized level 4									
27-28/07/2024										