



## ΕΠΕΞΗΓΗΣΕΙΣ ΕΚΠΑΙΔΕΥΤΙΚΩΝ ΚΥΚΛΩΝ (ΣΥΝΤΟΜΟΓΡΑΦΙΕΣ)

ΕΚΠΑΙΔΕΥΤΙΚΟΙ ΚΥΚΛΟΙ ΕΙΔΙΚΟΤΗΤΩΝ					ΑΝΕΞΑΡΤΗΤΟΙ ΕΚΠΑΙΔΕΥΤΙΚΟΙ ΚΥΚΛΟΙ				
PPT	Personal Training Pro level 1 - Fitness Assistant		EQF level 2		ACE HC	ACE Health Coach		DA	Dance Aerobic
APT	Personal Training Adv level 2 Fitness Instructor		EQF level 3		CEM1	Corrective Exercise Module 1 by FT COACH		FST	Fight Sports Training
EPT	Personal Training Elite level 3 Personal Trainer		EQF level 4		CEM2	Corrective Exercise Module 2 by FT COACH		PIL	Pilardio
SPT	Personal Training Specialist level 4 -Weight Management		EQF level 5		SE	Suspension Exercise		AYA	Aerial Yoga Arts
ETM	Exersice to Music Instructor - Pro level 1				FMT	Functional Metabolic Training		FKY	Fun Kids Yoga
GFI	Exersice to Music Adv level 2 Group Fitness Instructor		EQF level 3		KT	Kettelbells Training			
EAT	Exersice to Music Elite level 3 Aerobic Trainer				OW	Olympic Weightliffing			
PMPI	Mat Pilates Instructor Pro level 1								
PPPI	Props Pilates Instructor Pro level 1								
PEPI	Equipment Pilates Instructor Pro level 1								
AMPPT	Mat & Props Pilates Teacher Adv level 2		EQF level 4		WORKSHOPS				
AEPT	Equipment Pilates Teacher Adv level 2				Fitness Programming & Obesity by ACE			Pilates Arc - Spine Corrector	
PYI	Yoga Instructor Pro level 1				Sports Conditioning by ACE			Sports Pilates	
AYT	Yoga Teacher Adv level 2 - YWTT 200h				Small Group Training by ACE			Pilates on Air	
YET	Yoga Teacher Elite level 3 - YWTT 300h				Πρώτων Βοηθειών CPR/AED				
ΣΥΝΕΡΓΑΖΟΜΕΝΑ ΓΥΜΝΑΣΤΗΡΙΑ									
ΓΥΜΝΑΣΤΗΡΙΑ	VIVA LA VITA				LIFE FITNESS CENTER			MAD GYM	
	FITNESS FUN								