

## Γενικό Πρόγραμμα **GRAFTS HELLAS** Αθήνας 2019 - 2020

ΚΑΤΕΓΟΡΙΑ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING	GROUP TRAINING	PILATES	YOGA	WORKSHOPS - EXAMS
31/08 - 01/09/2019					
07-08/09/2019					
14-15/09/2019					PILATES SPINE CORRECTOR
21-22/09/2019	<b>ΕΞΕΤΑΣΕΙΣ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ</b>				CPR/AED
28-29/09/2019	OLYMPIC WEIGHTLIFTING				
05-06/10/2019	OLYMPIC WEIGHTLIFTING				PILATES PRENATAL
12-13/10/2019					
18-19-20/10/2019	<b>7th GRAFTS FITNESS SUMMIT 2019 (ΑΘΗΝΑ) ΤΕΛΕΤΗ ΕΝΑΡΞΗΣ 2019 2020 &amp; ΑΠΟΦΟΙΤΗΣΗΣ 2018 2019</b>				ACE SPORTS CONDITIONING
26-27/10/2019	<b>28η Οκτωβρίου</b>				
<b>ΧΕΙΜΕΡΙΝΗ ΠΕΡΙΟΔΟΣ</b>					
02-03/11/2019	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
09-10/11/2019	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
16-17/11/2019	PERSONAL TRAINING Pro level 1			MAT PILATES Pro level 1	STANDING ASANAS
23-24/11/2019	PERSONAL TRAINING Pro level 1		GROUP TRAINING Adv level 2	MAT PILATES Pro level 1	YOGA INTRO
30/11-01/12/2019	PERSONAL TRAINING Pro level 1		GROUP TRAINING Adv level 2	MAT PILATES Pro level 1	YOGA Pro level 1
07-08/12/2019	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE	GROUP TRAINING Adv level 2	PROPS PILATES Pro level 1	YOGA Pro level 1
14-15/12/2019	REVIEW PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE	GROUP TRAINING Adv level 2	PROPS PILATES Pro level 1	YOGA Pro level 1
21-22/12/2019	CORE FITNESS Adv level 2		GROUP TRAINING Adv level 2	EQUIPMENT PILATES Pro level 1	YOGA Pro level 1
28-29/12/2019	<b>Χριστούγεννα</b>				
04-05/01/2020	<b>Χριστούγεννα</b>				
11-12/01/2020	CORE FITNESS Adv level 2	ACE HEALTH COACH		EQUIPMENT PILATES Pro level 1	REVIEW YOGA TRAINING Pro level 1
18-19/01/2020	PERSONAL TRAINING Adv level 2	ACE HEALTH COACH		EQUIPMENT PILATES Pro level 1	AERIAL YOGA
25-26/01/2020	PERSONAL TRAINING Adv level 2	ACE HEALTH COACH		MAT PILATES Adv level 2	AERIAL YOGA
01-02/02/2020	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING		MAT PILATES Adv level 2	AERIAL YOGA
08-09/02/2020	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING		MAT PILATES Adv level 2	AERIAL YOGA
15-16/02/2020	REVIEW PERSONAL TRAINING Adv level 2	CORRECTIVE EXERCISE FT COACH MI		PROPS PILATES Adv level 2	FUN KIDS YOGA
22-23/02/2020	PERSONAL TRAINING Elite level 3	CORRECTIVE EXERCISE FT COACH MI		EQUIPMENT PILATES Adv level 2	FUN KIDS YOGA
29/02-01/03/2020	<b>Κ.Δευτέρα</b>				
07-08/03/2020	PERSONAL TRAINING Elite level 3	KETTLEBELLS TRAINING		EQUIPMENT PILATES Adv level 2	FUN KIDS YOGA
13-14-15/03/2020	PERSONAL TRAINING Elite level 3	KETTLEBELLS TRAINING		EQUIPMENT PILATES Adv level 2	<b>29th IHFC 2020 ΘΕΣΣΑΛΟΝΙΚΗ</b>
<b>ΕΑΡΙΝΗ ΠΕΡΙΟΔΟΣ</b>					
21-22/03/2020	CORE FITNESS Pro level 1	PERSONAL TRAINING Specialized level 4	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1
28-29/03/2020	CORE FITNESS Pro level 1	PERSONAL TRAINING Specialized level 4	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1 PILATES INTRO	CORE FITNESS Pro level 1
04-05/04/2020	PERSONAL TRAINING Pro level 1	PERSONAL TRAINING Specialized level 4	GROUP TRAINING Pro level 1	MAT PILATES Pro level 1	
11-12/04/2020	PERSONAL TRAINING Pro level 1		GROUP TRAINING Pro level 1	MAT PILATES Pro level 1	YOGA INTRO
18-19/04/2020	<b>Πάσχα</b>				
25-26/04/2020	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE	GROUP TRAINING Pro level 1	MAT PILATES Pro level 1	YOGA Pro level 1
02-03/05/2020	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE	GROUP TRAINING Pro level 1	PROPS PILATES Pro level 1	YOGA Pro level 1
09-10/05/2020	CORE FITNESS Adv level 2		GROUP TRAINING Pro level 1	PROPS PILATES Pro level 1	YOGA Pro level 1
16-17/05/2020	CORE FITNESS Adv level 2	FUNCTIONAL CROSS TRAINING	AQUA FITNESS	EQUIPMENT PILATES Pro level 1	YOGA Pro level 1
23-24/05/2020	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING	AQUA FITNESS	EQUIPMENT PILATES Pro level 1	REVIEW YOGA TRAINING Pro level 1
30-31/05/2020	PERSONAL TRAINING Adv level 2		AQUA FITNESS	EQUIPMENT PILATES Pro level 1	AERIAL YOGA
06-07/06/2020	PERSONAL TRAINING Adv level 2			MAT PILATES Adv level 2	AERIAL YOGA
13-14/06/2020	PERSONAL TRAINING Adv level 2	CORRECTIVE EXERCISE FT COACH MI		MAT PILATES Adv level 2	AERIAL YOGA
20-21/06/2020	PERSONAL TRAINING Elite level 3	CORRECTIVE EXERCISE FT COACH MI		MAT PILATES Adv level 2	AERIAL YOGA
27-28/06/2020	PERSONAL TRAINING Elite level 3			PROPS PILATES Adv level 2	
04-05/07/2020	PERSONAL TRAINING Elite level 3	KETTLEBELLS TRAINING		EQUIPMENT PILATES Adv level 2	FUN KIDS YOGA
11-12/07/2020	PERSONAL TRAINING Specialized level 4	KETTLEBELLS TRAINING		EQUIPMENT PILATES Adv level 2	FUN KIDS YOGA
18-19/07/2020	PERSONAL TRAINING Specialized level 4			EQUIPMENT PILATES Adv level 2	FUN KIDS YOGA
25-26/07/2020	PERSONAL TRAINING Specialized level 4				

**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	CEI MI	Corrective Exercise Module I by FT COACH	AQF	Aqua Fitness
EPT	Personal Training Elite level 3 Personal Trainer	EQF level 4	CEI MII	Corrective Exercise Module II by FT COACH	AEYA	Aerial Yoga Arts
SPT	Personal Training Specialist level 4 -Weight Management		SE	Suspension Exercise	FKY	Fun Kids Yoga
PGT	Group Training - Pro level 1 Body Conditioning Instructor		FCT	Functional Cross Training		
AGT	Group Training - Adv level 2 Group Fitness Instructor	EQF level 3	KT	Kettelbells Training		
EGT	Group Training- Elite level 3 Aerobic Trainer		OW	Olympic Weightliftng		
PMPI	Mat Pilates Instructor Pro level 1					
PPPI	Props Pilates Instructor Pro level 1					
PEPI	Equipment Pilates Instructor Pro level 1					
AMPT	Mat Pilates Teacher Adv level 2					
APPT	Props Pilates Teacher Adv level 2	EQF level 4	<b>WORKSHOPS</b>			
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		Teen Fitness by ACE		Πρώτων Βοηθείων CPR/AED	
ΣΥΝΕΡΓΑΖΟΜΕΝΑ ΓΥΜΝΑΣΤΗΡΙΑ						
ΓΥΜΝΑΣΤΗΡΙΑ	PEAK FITNESS		Π.ΦΑΛΗΡΟ		ΖΗΣΙΜΟΠΟΥΛΟΥ 68	
	BODYFIT		ΔΑΦΝΗ		Λ.ΒΟΥΛΙΑΓΜΕΝΗΣ 164	
	MELEKOS HEALTH CLUB		ΑΛΙΜΟΣ		ΛΕΟΝΤΟΣ 4	