Γενικό Πρόγραμμα GRAFTS HELLAS Θεσσαλονίκης 2019-2020										
ΚΑΤΕΥΘΥΝΣΕΙΣ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING			GROUP TRAINING	PILATES	YOGA	WORKSHOPS			EVENTS
07-08/09/2019										
14-15/09/2019										
21-22/09/2019		CORRECTIVE EXERCISE BY FT COACH M1			EQUIPMENT PILATES PRO level 1	FUN KIDS YOGA	E≣	ΕΤΑΣΕΙΣ ΕΙΔΙΚΟ	ΤΗΤΩΝ ΣΕΠΤΕΜΒΡ	IOY
28-29/09/2019		CORRECTIVE EXERCISE BY FT COACH M2			EQUIPMENT PILATES PRO level 1	FUN KIDS YOGA	CYCLING			
05-06/10/2019	TEAETH ENAPEHΣ - ΑΠΟΝΟΜΗ ΠΤΥΧΙΩΝ 2018-2019									Εκδήλωση
12-13/10/2019	CORE FITNESS Pro level 1	SUSPENSION EXERCISE		GROUP TRAINING Pro level 1	CORE FITNESS Pro level 1 EQUIPMENT PILATES Adv level 2	CORE FITNESS Pro level				
19-20/10/2019	CORE FITNESS Pro level 1	FUNCTIONAL METABOLIC TRAINING		GROUP TRAINING Pro level 1	CORE FITNESS Pro level 1 EQUIPMENT PILATES Adv level 2	CORE FITNESS Pro level				
26-27/10/2019	28η Οκτωβρίου									
02-03/11/2019	PERSONAL TRAINING Pro level 1	KETTLEBELLS		GROUP TRAINING Pro level 1	MAT PILATES Pro level 1					
09-10/11/2019	PERSONAL TRAINING Pro level 1	OLYMPIC WEIGHTLIFTING		GROUP TRAINING Pro level 1	MAT PILATES Pro level 1	YOGAPro level 1				
16-17/11/2019	CORE FITNESS Adv level 2			GROUP TRAINING Pro level 1	MAT PILATES Pro level 1	YOGAPro level 1	CYCLING			
23-24/11/2019	PERSONAL TRAINING Pro level 2			GROUP TRAINING Adv level 2	PROPS PILATES Pro level 1	YOGAPro level 1				
30-01/12/2019	PERSONAL TRAINING Pro level 2			GROUP TRAINING Adv level 2	PROPS PILATES Pro level 1	YOGAPro level 1				
07-08/12/2019	PERSONAL TRAINING Pro level 2			GROUP TRAINING Adv level 2	MAT & PROPS PILATES Adv level 2	YOGAPro level 1				
14-15/12/2019			ELITE PERSONAL TRAINING	GROUP TRAINING Adv level 2	MAT & PROPS PILATES Adv level 2		Standing Asanas Workshop 14/12	Arm Balances Workshop 15/12	ACE SPORTS CONDITIONING	
21-22/12/2019			ELITE PERSONAL TRAINING	GROUP TRAINING Adv level 2	MAT & PROPS PILATES Adv level 2		Inversions Workshop 21/12		ACE TEEN FITNESS	
28-29/12/2019	Χριστούγεννα									
04-05/01/2020	Θεοφάνεια									
11-12/01/2020			ELITE PERSONAL TRAINING	ΕΞΕΤΑΣΕΙΣ GT 1 & 2	EQUIPMENT PILATES PRO level 1	AERIAL YOGA				
18-19/01/2020	EΞΕΤΑΣΕΙΣ PT 1-2 & 3 XEIMEPINO				EQUIPMENT PILATES PRO level 1	AERIAL YOGA	Dance Aerobic			
25-26/01/2020	CORE FITNESS Pro level 1	OLYMPIC WEIGHTLIFTING			EQUIPMENT PILATES Adv level 2	AERIAL YOGA				
01-02/02/2020	CORE FITNESS Pro level 1	CORRECTIVE EXERCISE BY FT COACH M1		GROUP TRAINING Pro level 1	EQUIPMENT PILATES Adv level 2					
08-09/02/2020	PERSONAL TRAINING Pro level 1	CORRECTIVE EXERCISE BY FT COACH M2		GROUP TRAINING Pro level 1			Dance Aerobic			
15-16/02/2020	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE		GROUP TRAINING Pro level 1	EΞΕΤΑΣΕΙΣ PILATES	FUN KIDS YOGA				
22-23/02/2020	PERSONAL TRAINING Pro level 1			GROUP TRAINING Pro level 1	MAT PILATES Pro level 1	FUN KIDS YOGA			ACE WEIGHT MANAGEMENT	
29-01/03/2020					Καθαρά Δευτέρα					
07-08/03/2020	CORE FITNESS Adv level 2 FUNCTIONAL GROUP TRAINING MAT PILATES Pro level 1 Pro level 1									
13-14-15/03/2020				29th HEALTH & FITN	ESS CONGRESS BY GRAFTS	HELLAS 2019 ΘΕΣ	EANONIKH			
21-22/03/2020	PERSONAL TRAINING Pro level 2			GROUP TRAINING Adv level 2	MAT PILATES Pro level 1		Dance Aerobic			
28-29/03/2020	PERSONAL TRAINING Pro level 2	ACE HEALTH COACH		GROUP TRAINING Adv level 2	PROPS PILATES Pro level 1	YOGAPro level 1				
04-05/04/2020	PERSONAL TRAINING Pro level 2	ACE HEALTH COACH		GROUP TRAINING Adv level 2	PROPS PILATES Pro level 1	YOGAPro level 1				
11-12/04/2020	PERSONAL TRAINING Pro level 2	ACE HEALTH COACH		GROUP TRAINING Adv level 2	MAT & PROPS PILATES Adv level 2	YOGAPro level 1				
18-19/04/2020					Πάσχα					
25-26/04/2020	ΕΞΕΤΑΣΕΙΣ ΡΤ 1-2			GROUP TRAINING Adv level 2	MAT & PROPS PILATES Adv level 2	YOGAPro level 1				
02-03/05/2020			ELITE PERSONAL TRAINING	ΕΞΕΤΑΣΕΙΣ GT 1 & 2	MAT & PROPS PILATES Adv level 2	YOGAPro level 1				
09-10/05/2020			ELITE PERSONAL TRAINING	GROUP TRAINING Elite level 3	EQUIPMENT PILATES PRO level 1		Standing Asanas Workshop 9/5	Arm Balances Workshop 10/5		
16-17/05/2020			ELITE PERSONAL TRAINING	GROUP TRAINING Elite level 3	EQUIPMENT PILATES PRO level 1		Inversions Workshop 16/5			
23-24/05/2020		CORRECTIVE EXERCISE BY FT COACH M1		GROUP TRAINING Elite level 3	EQUIPMENT PILATES Adv level 2					
30-31/05/2020		CORRECTIVE EXERCISE BY FT COACH M2			EQUIPMENT PILATES Adv level 2					
06-07/06/2020			EΞΕΤΑΣΕΙΣ PERSONAL TRAINING Elite		ΕΞΕΤΑΣΕΙΣ PILATES					
13-14/06/2020										
20-21/06/2020										
	I	I	I	l	l	I	I	Ĭ	I	l

ΕΠΕΞΗΓΗΣΕΙΣ ΕΚΠΑΙΔΕΥΤΙΚΩΝ ΚΥΚΛΩΝ (ΣΥΝΤΟΜΟΓΡΑΦΙΕΣ)											
ΕΚΠΑΙΔΕΥΤΙΚΟΙ ΚΥΚΛΟΙ ΕΙΔΙΚΟΤΗΤΩΝ					ΑΝΕΞΑΡΤΗΤΟΙ ΕΚΠΑΙΔΕΥΤΙΚΟΙ ΚΥΚΛΟΙ						
РРТ	Personal Training Pro level 1 - Fintness Assistant		EQF level 2		ACE HC		ACE Health Coach			DA	Dance Aerobic
АРТ	Personal Training Adv level 2 Fintness 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
ЕТМ	Exersice to Music Instructor - Pro level 1	GROUP TRAINING Pro level 1			FMT		Functional Metabolic Training			FKY	Fan Kids Yoga
GFI	Exersice to Music Adv level 2 Group Fitness Instructor	GROUP TRAINING Adv level 2	EQF level 3		кт		Kettelbells Training				Aqua Training
EAT	Exersice to Music Elite level 3 Aerobic Trainer	GROUP TRAINING Elite level 3			ow		Olympic Weightlifitng				
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		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 Βοηθείων CPR/AED						
ΣΥΝΕΡΓΑΖΟΜΕΝΑ ΓΥΜΝΑΣΤΗΡΙΑ											
ΓΥΜΝΑΣΤΗΡΙΑ	TOPFITNESS		FRAME STUDIO PILATES		ATES						