

Γενικό Πρόγραμμα GRAFTS HELLAS Θεσσαλονίκης 2019-2020

KATEΥΘΥΝΣΕΙΣ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING	GROUP TRAINING	PILATES	YOGA	WORKSHOPS	EVENTS
21-22/09/2019	ΕΞΕΤΑΣΕΙΣ ΕΙΔΙΚΟΤΗΤΩΝ ΣΕΠΤΕΜΒΡΙΟΥ					
28-29/09/2019			EQUIPMENT PILATES PRO level 1			
05-06/10/2019	ΤΡΑΦΗ ΕΝΑΡΞΗΣ - ΔΙΟΝΟΜΗ ΠΤΥΧΙΩΝ 2018-2019			OPEN FITNESS DAY		
12-13/10/2019	CORE FITNESS Pro level 1	SUSPENSION EXERCISE	GROUP TRAINING Pro level 1			
19-20/10/2019	CORE FITNESS Pro level 1	FUNCTIONAL METABOLIC TRAINING	GROUP TRAINING Pro level 1			
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	YOGA Pro level 1	
16-17/11/2019	CORE FITNESS Adv level 2		GROUP TRAINING Pro level 1	MAT PILATES Pro level 1	YOGA Pro level 1	CYCLING
23-24/11/2019	PERSONAL TRAINING Pro level 2		GROUP TRAINING Adv level 2	PROPS PILATES Pro level 1	YOGA Pro level 1	
30-01/12/2019	PERSONAL TRAINING Pro level 2		GROUP TRAINING Adv level 2	PROPS PILATES Pro level 1	YOGA Pro level 1	
07-08/12/2019	PERSONAL TRAINING Pro level 2		GROUP TRAINING Adv level 2	MAT & PROPS PILATES Adv level 2	YOGA Pro 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
21-22/12/2019	ELITE PERSONAL TRAINING		GROUP TRAINING Adv level 2	MAT & PROPS PILATES Adv level 2	Inversions Workshop 21/12	ACE SPORTS CONDITIONING
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	ΕΞΕΤΑΣΕΙΣ PT 1-2 & 3 ΧΕΙΜΕΡΙΝΟ	SUSPENSION EXERCISE		EQUIPMENT PILATES PRO level 1	AERIAL YOGA	
25-26/01/2020	CORE FITNESS Pro level 1	OLYMPIC WEIGHTLIFTING		EQUIPMENT PILATES Adv level 2	AERIAL YOGA	Dance Aerobic
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	FUN KIDS YOGA	
08-09/02/2020	PERSONAL TRAINING Pro level 1	CORRECTIVE EXERCISE BY FT COACH M2	GROUP TRAINING Pro level 1		FUN KIDS YOGA	Dance Aerobic
15-16/02/2020	PERSONAL TRAINING Pro level 1	KETTLEBELLS	GROUP TRAINING Pro level 1	ΕΞΕΤΑΣΕΙΣ PILATES		
22-23/02/2020	PERSONAL TRAINING Pro level 1		GROUP TRAINING Pro level 1	MAT PILATES Pro level 1	Dance Aerobic	ACE WEIGHT MANAGEMENT
29-01/03/2020	Καθαρά Δευτέρα					
07-08/03/2020	CORE FITNESS Adv level 2	FUNCTIONAL METABOLIC TRAINING	GROUP TRAINING Pro level 1	MAT PILATES Pro level 1		
13-14-15/03/2020	29th HEALTH & FITNESS CONGRESS BY GRAFTS HELLAS 2019 ΘΕΣΣΑΛΟΝΙΚΗ					
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	YOGA Pro level 1	
04-05/04/2020	PERSONAL TRAINING Pro level 2	ACE HEALTH COACH	GROUP TRAINING Adv level 2	PROPS PILATES Pro level 1	YOGA Pro 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	YOGA Pro level 1	Dance Aerobic
18-19/04/2020	Πάσχα					
25-26/04/2020	ΕΞΕΤΑΣΕΙΣ PT 1-2		GROUP TRAINING Adv level 2	MAT & PROPS PILATES Adv level 2	YOGA Pro level 1	
02-03/05/2020	ELITE PERSONAL TRAINING		ΕΞΕΤΑΣΕΙΣ GT 1 & 2	MAT & PROPS PILATES Adv level 2	YOGA Pro 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	ΕΞΕΤΑΣΕΙΣ PERSONAL TRAINING Elite		ΕΞΕΤΑΣΕΙΣ GT 3	ΕΞΕΤΑΣΕΙΣ PILATES		
13-14/06/2020						
20-21/06/2020						
27-28/06/2020						

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	Group Training - Pro level 1			FMT		Functional Metabolic Training			FKY	Fun Kids Yoga
GFI	Group Training Adv level 2 Group Fitness Instructor	EQF level 3		KT		Kettelbells Training				Aqua Training
EAT	Group Training 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	TOPFITNESS	FRAME STUDIO PILATES		

