

Γενικό Πρόγραμμα GRAFTS HELLAS Κομοτηνής 2019 - 2020							
KATEΓΟΡΗΣΕΙΣ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING		GROUP TRAINING	PILATES	YOGA	WORKSHOPS - EXAMS	
07-08/09/2019							
14-15/09/2019							
21-22/09/2019							
28-29/09/2019	ΕΞΕΤΑΣΕΙΣ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ						
05-06/10/2019							
12-13/10/2019	PERSONAL TRAINING Pro level 1	INTRO FCT INTRO SUSPENSION	ΤΕΛΕΤΗ ΕΝΑΡΞΗΣ 2019 2020 & ΑΠΟΦΟΙΤΗΣΗΣ 2018 - 2019				
19-20/10/2019			GROUP TRAINING Pro level 1			7th GRAFTS FITNESS SUMMIT 2019 (ΑΘΗΝΑ)	
26-27/10/2019	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	28η Οκτωβρίου	
02-03/11/2019			GROUP TRAINING Pro level 1	PILATES INTRO	YOGA INTRO		
09-10/11/2019	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE		MAT PILATES Pro level 1			
16-17/11/2019			GROUP TRAINING Pro level 1	MAT PILATES Pro level 1			
23-24/11/2019	PERSONAL TRAINING Pro level 1	FUNCTIONAL CROSS TRAINING		MAT PILATES Pro level 1			
30/11-01/12/2019			GROUP TRAINING Pro level 1	PROPS PILATES Pro level 1			
07-08/12/2019	PERSONAL TRAINING Pro level 1	KETTLEBELLS TRAINING		PROPS PILATES Pro level 1			
14-15/12/2019			GROUP TRAINING Pro level 1	PROPS PILATES Adv level 2			
21-22/12/2019	Χριστούγεννα						
28-29/12/2019							
04-05/01/2020							
11-12/01/2020	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	YOGA Pro level 1		
18-19/01/2020	PERSONAL TRAINING Pro level 1		GROUP TRAINING Pro level 1		YOGA Pro level 1		
25-26/01/2020			GROUP TRAINING Adv level 2		YOGA Pro level 1		
01-02/02/2020	PERSONAL TRAINING Adv level 2	CORRECTIVE EXERCISE FT COACH MI					
08-09/02/2020			GROUP TRAINING Adv level 2	EQUIPMENT PILATES Pro level 1			
15-16/02/2020	PERSONAL TRAINING Adv level 2	CORRECTIVE EXERCISE FT COACH MII					
22-23/02/2020			GROUP TRAINING Adv level 2		AERIAL YOGA		
29/02-1/03/2020	Κ.Δευτέρα						
07-8/03/2020	PERSONAL TRAINING Adv level 2	OLYMPIC WEIGHTLIFTING			AERIAL YOGA		
13-14-15/03/2020	29th IHFC 2020 ΘΕΣΣΑΛΟΝΙΚΗ						
21-22/03/2020			GROUP TRAINING Adv level 2		AERIAL YOGA		
28-29/03/2020	PERSONAL TRAINING Adv level 2	ACE HEALTH COACH		MAT PILATES Adv level 2			
04-05/04/2020			GROUP TRAINING Adv level 2	MAT PILATES Adv level 2			
			DANCE AEROBIC				
11-12/04/2020	Πάσχα						
18-19/04/2020							
25-26/04/2020							
02-03/05/2020	PERSONAL TRAINING Elite level 3				FUN KIDS YOGA		ΕΞΕΤΑΣΕΙΣ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ
09-10/05/2020	PERSONAL TRAINING Elite level 3		AQUA FITNESS	EQUIPMENT PILATES Adv level 2	FUN KIDS YOGA		
16-17/05/2020	PERSONAL TRAINING Specialized level 4		GROUP TRAINING Elite level 3				
23-24/05/2020	PERSONAL TRAINING Specialized level 4		GROUP TRAINING Elite level 3				
30-31/05/2020	PERSONAL TRAINING Specialized level 4		GROUP TRAINING Elite level 3				
06-07/06/2020	Αγ. Πνεύματος						
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 - Fintness Assistant	EQF level 2	ACE HC	ACE Health Coach	DA	Dance Aerobic
APT	Personal Training Adv level 2 Fintness 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	EQF level 5 Specialism	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	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		Teen Fitness by ACE		Πρώτων Βοηθειών CPR/AED	
ΣΥΝΕΡΓΑΖΟΜΕΝΑ ΓΥΜΝΑΣΤΗΡΙΑ						
ΓΥΜΝΑΣΤΗΡΙΑ	SPORTS CENTER	N.ΤΣΑΝΑΚΑΗ 4		ΚΟΜΟΤΗΝΗ		