

Γενικό Πρόγραμμα GRAFTS HELLAS Κύπρου 2019 - 2020

ΚΑΤΕΥΘΥΝΣΕΙΣ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING (Saturdays 15:00 - 20:00, Sundays 09:00 - 14:00)		PERSONAL TRAINING WORKSHOPS	GROUP TRAINING	PILATES	YOGA	RADICAL FITNESS TRAININGS
	ΘΕΡΙΝΟ PERSONAL TRAINING (Saturdays 15:00 - 20:00, Sundays 09:00 - 14:00)	ΕΑΡΙΝΟ PERSONAL TRAINING (Saturdays 14:00 - 20:00, Sundays 09:00 - 15:00)					
7-8/09/2019		Weight Management Specialist Level 4					
14-15/09/2019		Weight Management Specialist Level 4	Fitness Programming Obesity by ACE				
21-22/09/2019			Small Group Training Workshop By ACE/Teen Fitness Workshop By				
28-29/09/2019	Core Fitness Pro level 1			Dance Aerobic			Uboud
05-06/10/2019	Personal Training Pro level 1		Active Motion Bar Workshop	Group Training Elite Level 3			
12-13/10/2019	Personal Training Pro level 1			Dance Aerobic			
19-20/10/2019	Core Fitness Pro level 1			Core Fitness Pro level 1			
26-27/10/2019	28η Οκτωβρίου						
02-03/11/2019	Personal Training Pro level 1			Dance Aerobic			Factor F
09-10/11/2019	Core Fitness Pro level 2			Dance Aerobic			
16-17/11/2019	Personal Training Pro level 1			Group Training Elite Level 3			Fight Do
23-24/11/2019	Core Fitness Pro level 2+ Review			Core Fitness Pro level 2+ Review			
30/11-1/12/2019	Core Exams+Personal Training Adv level 2						
07-08/12/2019	Personal Training Adv level 2						Ki Max
14-15/12/2019	Personal Training Adv level 2						
21-22/12/2019	Personal Training Adv level 2+Review						
28-29/12/2019	ΧΡΙΣΤΟΥΓΕΝΝΑ & ΠΡΩΤΟΧΡΟΝΙΑ						
04-05/01/2020	Adv L2 Exams- Personal Training Elite Level 3			Dance Aerobic			
11-12/01/2020	Personal Training Elite Level 3			Dance Aerobic		Yoga Teacher Pro level 1	
18-19/01/2020	Personal Training Elite Level 3	Core Fitness Pro level 1		Core Fitness Pro level 1	Core Fitness Pro level 1	Core Fitness Pro level 1	
25-26/01/2020	Personal Training Elite Level 3+Review	Personal Training Pro level 1				Yoga Teacher Pro level 1	Power
01-02/02/2020	Personal Training Elite Level 3 Exams	Core Fitness Pro level 1		Core Fitness Pro level 1	Core Fitness Pro level 1	Core Fitness Pro level 1	
08-09/02/2020	Πρωτων Βοηθειων - Cpr/Aed	Personal Training Pro level 1		Group Training Pro level 1	Mat Pilates Pro level 1	Yoga Teacher Pro level 1	
15-16/02/2020		Core Fitness Pro level 2		Core Fitness Pro level 2	Core Fitness Pro level 2	Core Fitness Pro level 2	Eleven
22-23/02/2020		Personal Training Pro level 1	Ace Health Coach	Group Training Pro level 1	Mat Pilates Pro level 1	Yoga Teacher Pro level 1	
29/02-01/03/2020	ΚΑΘΑΡΑ ΔΕΥΤΕΡΑ						
07-08/03/2020		Core Fitness Pro level 2+ Review	Ace Health Coach	Core Fitness Pro level 2+ Review	Core Fitness Pro level 2+ Review	Core Fitness Pro level 2+ Review	Hyper C
14-15/03/2020		Core Exams+Personal Training Pro level 1		Group Training Pro level 1	Mat Pilates Pro level 1		
21-22/03/2020		Personal Training Adv level 2	Ace Health Coach	Sports Conditioning by ACE	Group Training Pro level 1	Props Pilates Pro level 1	
28-29/03/2020		Personal Training Adv level 2			Group Training Pro level 1	Props Pilates Pro level 1	
04-05/04/2020		Personal Training Adv level 2+Review			Group Training Adv level 2	Mat Pilates Adv level 2	Aerial Yoga Arts Topride
11-12/04/2020		Adv L2 Exams- Personal Training Elite Level 3			Group Training Adv level 2	Mat Pilates Adv level 2	Aerial Yoga Arts
18-19/04/2020	ΠΑΣΧΑ						
25-26/04/2020		Personal Training Elite Level 3		Group Training Adv level 2	Mat Pilates Adv level 2	Aerial Yoga Arts	
02-03/05/2020	1st May						
09-10/05/2020		Personal Training Elite Level 3			Group Training Adv level 2	Props Pilates Adv level 2	
16-17/05/2020		Πρωτων Βοηθειων - Cpr/Aed		Suspension Exercise	Πρωτων Βοηθειων - Cpr/Aed	Πρωτων Βοηθειων - Cpr/Aed	Πρωτων Βοηθειων - Cpr/Aed
23-24/05/2020		Personal Training Elite Level 3+Review			Group Training Adv level 2	Equipment Pilates Pro level 1	Fun Kids Yoga
30-31/05/2020		Personal Training Elite Level 3 Exams			Group Training Adv level 2	Equipment Pilates Pro level 1	Fun Kids Yoga Radkidz
06-07/06/2020	ΔΕΥΤΕΡΑ ΤΟΥ ΚΑΤΑΚΛΥΣΜΟΥ 8/6/2020						
13-14/06/2020				Corrective Exercise by FT Coach		Equipment Pilates Pro level 1	
20-21/06/2020				Corrective Exercise by FT Coach		Equipment Pilates Adv level 2	Oxygeno
27-28/06/2020				Functional Cross Training		Equipment Pilates Adv level 2	
04-05/07/2020			Kettlbells Training	Olympic Weightlifting		Equipment Pilates Adv level 2	Megadanz
05-06/09/2020	Weight Management Specialist Level 4						
12-13/09/2020	Weight Management Specialist Level 4		Sports Conditioning by ACE				
19-20/09/2020			Small Group Training Workshop By ACE	Teen Fitness Workshop By ACE			
26-27/09/2020		Ace Health Coach	Fitness Programming Obesity by ACE				
03-04/10/2020		Ace Health Coach					
10-11/10/2020		Ace Health Coach					

ΕΠΕΞΗΓΗΣΕΙΣ ΕΚΠΑΙΔΕΥΤΙΚΩΝ ΚΥΚΛΩΝ (ΣΥΝΤΟΜΟΓΡΑΦΙΕΣ)					
ΕΚΠΑΙΔΕΥΤΙΚΟΙ ΚΥΚΛΟΙ ΕΙΔΙΚΟΤΗΤΩΝ			ΑΝΕΞΑΡΤΗΤΟΙ ΕΚΠΑΙΔΕΥΤΙΚΟΙ ΚΥΚΛΟΙ		
PPT	Personal Training Pro level 1 - Fitness Assistant	EQF level 2	SE	Suspension Exercise	
APT	Personal Training Adv level 2 - Fitness Instructor	EQF level 3	KT	Kettelbells Training	
EPT	Personal Training Elite level 3 - Personal Trainer	EQF level 4	VT	Vibration Training	
SPT	Personal Training Specialist level 4 - Weight Management	EQF level 5	FCT	Functional Cross Training	
ETM	Exersice to Music Instructor - Pro level 1		OW	Olympic Weightlifting	
GFI	Group Training Adv level 2 - Group Fitness Instructor	EQF level 3	CE	Corrective Exercise by FT COACH	
EAT	Group Training Elite level 3 - Aerobic Trainer		AYA	Aerial Yoga Arts	
PMPPI	Mat Pilates Instructor Pro level 1		FKY	FUN KIDS YOGA	
PPPPI	Props Pilates Instructor Pro level 1				
PEPI	Equipment Pilates Instructor Pro level 1		WORKSHOPS		
AMPPT	Mat & Props Pilates Teacher Adv level 2	EQF level 4	Fitness Programming Obesity by ACE		
AEPT	Equipment Pilates Teacher Adv level 2		Sports Conditioning by ACE		
PYI	Yoga Instructor Pro level 1		Small Group Training Workshop By ACE		
AYT	Yoga Teacher Adv level 2 - YWTT 200h		Teen Fitness Workshop By ACE		
YET	Yoga Teacher Elite level 3 - YWTT 300h		Πρωτων Βοηθειων - Cpr/Aed		
			Pilates Arc-Spine Corecor Workshop		
			Pilates Prenatal Workshop		
			Pilates On Air Workshop		