

Γενικό Πρόγραμμα **GRAFTS HELLAS Πάτρας 2019 - 2020**

KATEΥΘΥΝΣΕΙΣ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING	GROUP TRAINING	PILATES	YOGA	WORKSHOPS	EXAMS
31/08 - 01/09/2019						
07-08/09/2019						
14-15/09/2019	PERSONAL TRAINING Specialized level 4					
21-22/09/19	PERSONAL TRAINING Specialized level 4					
28-29/09/19	PERSONAL TRAINING Specialized level 4			MAT PILATES Pro Level 1		ΕΞΕΤΑΣΕΙΣ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ
05-06/10/19				MAT PILATES Pro Level 1		
12-13/10/19				EQUIPMENT PILATES Pro Level 1		
18-19-20/10/19	7th GRAFTS FITNESS SUMMIT 2019 (ΑΘΗΝΑ) ΤΕΛΕΤΗ ΕΝΑΡΞΗΣ 2019 -2020 & ΑΠΟΦΟΙΤΗΣΗΣ 2018- 2019					
26-27/10/2019	28η Οκτωβρίου					
ΕΝΑΡΞΗ ΧΕΙΜΕΡΙΝΗΣ ΕΚΠΑΙΔΕΥΤΙΚΗΣ ΠΕΡΙΟΔΟΥ						
02-03/11/19				EQUIPMENT PILATES Pro Level 1		
09-10/11/19	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	
16-17/11/19	CORE FITNESS Pro level 1 PILATES & YOGA INTRO	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1 PILATES INTRO	CORE FITNESS Pro level 1 YOGA INTRO	
23-24/11/19	PERSONAL TRAINING Pro level 1				YOGA Pro level 1	
30/11-01/12/19	PERSONAL TRAINING Pro level 1				YOGA Pro level 1	
07-08/12/19	PERSONAL TRAINING Pro level 1				YOGA Pro level 1	
14-15/12/19	PERSONAL TRAINING Pro level 1					
21-22/12/19	CORE FITNESS Adv level 2					
28-29/12/19	Χριστούγεννα					
04-05/01/20	Χριστούγεννα					
11-12/01/20	CORE FITNESS Adv level 2					
18-19/01/20	PERSONAL TRAINING Adv level 2					
25-26/01/20	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING				
01-02/02/20	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING				
08-09/02/20	PERSONAL TRAINING Adv level 2					
15-16/02/20	PERSONAL TRAINING Elite level 3	SUSPENSION EXERCISE				
22-23/02/20	PERSONAL TRAINING Elite level 3	SUSPENSION EXERCISE				
29/02-01/03/20	Κ.Δευτέρα					
07-08/03/20	PERSONAL TRAINING Elite level 3		GROUP TRAINING Pro level 1			
14-15/03/20	PERSONAL TRAINING Specialized level 4	29th INTERANTIONAL HEALTH FITNESS CONGRESS 2020 - ΘΕΣΣΑΛΟΝΙΚΗ				
21-22/03/20	PERSONAL TRAINING Specialized level 4		GROUP TRAINING Pro level 1			ΕΞΕΤΑΣΕΙΣ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ
28-29/03/20	PERSONAL TRAINING Specialized level 4		GROUP TRAINING Pro level 1			
ΕΝΑΡΞΗ ΕΑΡΙΝΗΣ ΕΚΠΑΙΔΕΥΤΙΚΗΣ ΠΕΡΙΟΔΟΥ						
04-05/04/20	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1			
11-12/04/20	CORE FITNESS Pro level 1 PILATES & YOGA INTRO	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1			
18-19/04/20	Πάσχα					
25-26/04/20	PERSONAL TRAINING Pro level 1		GROUP TRAINING Pro level 1			
02-03/05/20	PERSONAL TRAINING Pro level 1		GROUP TRAINING Pro level 1			
09-10/05/20	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE				
16-17/05/20	PERSONAL TRAINING Pro level 2	SUSPENSION EXERCISE				
23-24/05/20	CORE FITNESS Adv level 2					
30-31/05/20	CORE FITNESS Adv level 2					
06-07/06/20	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING				
13-14/06/20	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING				
20-21/06/20	PERSONAL TRAINING Adv level 2		GROUP TRAINING Adv level 2			
27-28/06/20	PERSONAL TRAINING Adv level 2		GROUP TRAINING Adv level 2			
04-05/07/20	PERSONAL TRAINING Elite level 3		GROUP TRAINING Adv level 2			
11-12/07/20	PERSONAL TRAINING Elite level 3		GROUP TRAINING Adv level 2			ΕΞΕΤΑΣΕΙΣ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ
18-19/07/20	PERSONAL TRAINING Elite level 3		GROUP TRAINING Adv level 2			
25-26/07/20						

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		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 Weightlifitng		
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	REACTION GYM					
	ADDITION GYM					
	MVP GYM					
	DANCE ADDICTION BY MANOS					
	BE FIT					