			Γενικο	προγραμμα 🤄	GRAFTS HELLA	S Αθηνας 20	24 - 2025			
ΚΑΤΕΥΘΥΝΣΕΙΣ ΕΙΔΙΚΟΤΗΤΕΣ	P	ERSONAL TRAINI	NG	GROUP FITNE	SS TRAINING	PILATES TEAC	HER TRAINING	YOGA TEACH	ER TRAINING	WORKSHOPS
31/08- 01/09/2024										
07-08/09/2024										
4-15/09/2024			OLYMPIC WEIGHTLIFTING		ELEVEN	PILATES REFORMER I	PILATES PRENATAL			
				ΓENIKH EΞE	ΤΑΣΤΙΚΗ ΟΛΩΝ ΤΩΝ ΕΙ	ΔΙΚΟΤΗΤΩΝ				
1-22/09/2024			OLYMPIC WEIGHTLIFTING		FIGHT DO	EQUIPMENT PILATES				
0. 20 (00 (2024			SUSPENSION		UBOUND >	Elite level 3  EQUIPMENT PILATES		45554 VOC.		
28-29/09/2024			EXERCISE SUSPENSION			Elite level 3  EQUIPMENT PILATES	PILATES ARC	AERIAL YOGA		
05-06/10/2024			EXERCISE		POWER	Elite level 3	SPINE CORRECTOR	AERIAL YOGA		
					TOP RIDE		PILATES REFORMER II			
				XEIMEPI	ΝΗ ΕΚΠΑΙΔΕΥΤΙΚ	Η ΠΕΡΙΟΔΟΣ				
2-13/10/2024	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	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	ΠΡΩΤΕΣ BOHΘΕΙΕ CPR/AED
9-20/10/2024	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	CORE FITNESS Pro level 1 PILATES INTRO	CORE FITNESS Pro level 1 PILATES INTRO	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	
6-27/10/2024				28η Οκτωβρίου	ı			AERIAL YOGA		
2-03/11/2024	PERSONAL TRAINING Pro level 1				HYPER C >	MAT PILATES Pro level 1				
9-10/11/2024	PERSONAL TRAINING Pro level 1				FACTOR F	MAT PILATES Pro level 1		YOGA INTRO		
6-17/11/2024	PERSONAL TRAINING				MEGADANZ >	MAT & PROPS PILATES Pro level 1		YOGA TRAINING Pro level 1		
3-24/11/2024	Pro level 1  PERSONAL TRAINING				X55 >	PROPS PILATES		YOGA TRAINING		
30/11/-	Pro level 1	CORE ETTALESS A	CORE ETTATECS AND ASSESSED TO	CORE ETTNESS A		Pro level 1  CORE FITNESS Adv level 2	PILATES REFORMER I	Pro level 1 YOGA TRAINING		
01/12/2024	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2			Pro level 1 YOGA TRAINING		
7-08/12/2024	CORE FITNESS Adv level 2  PERSONAL TRAINING	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2  EQUIPMENT PILATES	PILATES REFORMER II	Pro level 1		
4-15/12/2024	Adv level 2				KIMAX	Pro level 1		YOGA TRAINING Pro level 1		
1-22/12/2024	PERSONAL TRAINING Adv level 2				OXIGENO	EQUIPMENT PILATES Pro level 1				
8-29/12/2024					Χριστο	ivevva				
4-05/01/2025					,	o y c v v u				
1-12/01/2025	PERSONAL TRAINING Adv level 2	SUSPENSION EXERCISE			UBOUND >	EQUIPMENT PILATES Pro level 1				
8-19/01/2025	PERSONAL TRAINING Adv level 2	SUSPENSION EXERCISE				MAT PILATES Adv level 2		AERIAL YOGA		
5-26/01/2025	DEDCOMAL TRAVENCE	FUNCTIONAL CROSS TRAINING		GROUP TRAINING Pro level 1	POWER >	MAT PILATES Adv level 2		AERIAL YOGA		
1-02/02/2025	PERSONAL TRAINING	FUNCTIONAL CROSS		GROUP TRAINING		MAT & PROPS PILATES		AERIAL YOGA		
8-09/02/2025	PERSONAL TRAINING	TRAINING  KETTLEBELLS		Pro level 1  GROUP TRAINING	FIGHT DO	Adv level 2  EQUIPMENT PILATES		AERIAL YOGA		
	PERSONAL TRAINING	TRAINING KETTLEBELLS		Pro level 1  GROUP TRAINING	Ticim bo 3	Adv level 2  EQUIPMENT PILATES				
5-16/02/2025	Specialized level 4 PERSONAL TRAINING	TRAINING		Pro level 1 GROUP TRAINING	GETTI -	Adv level 2  EQUIPMENT PILATES		FUN KIDS YOGA		
22-23/02/2025	WEIGHT MANAGEMENT Specialized level 4	OLYMPIC WEIGHTLIFTING		Pro level 1	ELEVEN	Adv level 2		FUN KIDS YOGA		
1-02/03/2025	PERSONAL TRAINING	I		T	Αποκριές -	Κ.Δευτέρα	T			
8-09/03/2025	WEIGHT MANAGEMENT	OLYMPIC WEIGHTLIFTING			TOP RIDE			FUN KIDS YOGA	AERIAL TFD	
, ,				ı	ΈΝΙΚΗ ΕΞΕΤΑΣΤΙΚΗ Ο	ΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩ	N			
				EAPIN	Н ЕКПАІДЕҮТІКН	ΠΕΡΙΟΔΟΣ				
5-16/03/2025	CORE FITNESS Pro level 1	PERSONAL TRAINING DIABETES MELLITUS Specialized level 4	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	CORE FITNESS Pro level 1		
2-23/03/2025	CORE FITNESS Pro level 1	PERSONAL TRAINING DIABETES MELLITUS	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	HYPER C >	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1		
9-30/03/2025	PERSONAL TRAINING	Specialized level 4 PERSONAL TRAINING DIABETES MELLITUS				MAT PILATES	PILATES PRENATAL			
5-06/04/2025	Pro level 1  PERSONAL TRAINING	Specialized level 4 PERSONAL TRAINING			X55	Pro level 1  MAT PILATES	EQUIPMENT PILATES Elite level 3			
	Pro level 1  PERSONAL TRAINING	Specialized level 5 PERSONAL TRAINING				Pro level 1  MAT & PROPS PILATES	EQUIPMENT PILATES	YOGA INTRO		
2-13/04/2025	Pro level 1	Specialized level 5				Pro level 1	Elite level 3	TOGA INTRO		
9-20/04/2025	PERSONAL TRAINING	PERSONAL TRAINING		ı	Πά	PROPS PILATES	EQUIDATENT DV 4750	YOGA TRAINING		
6-27/04/2025	Pro level 1	Specialized level 5				Pro level 1	EQUIPMENT PILATES Elite level 3	Pro level 1		
3-04/05/2025	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	YOGA TRAINING Pro level 1		
0-11/05/2025	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	YOGA TRAINING Pro level 1		
7-18/05/2025	PERSONAL TRAINING Adv level 2	SUSPENSION EXERCISE			AQUA FITNESS	EQUIPMENT PILATES Pro level 1		YOGA TRAINING Pro level 1		
4-25/05/2025	PERSONAL TRAINING Adv level 2	SUSPENSION EXERCISE			AQUA FITNESS	EQUIPMENT PILATES Pro level 1		YOGA TRAINING Pro level 1	-	
31/05- 01/06/2025	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING			AQUA FITNESS	EQUIPMENT PILATES Pro level 1		AERIAL YOGA		
7-08/06/2025	PERCONAL TRAVENCE	FUNCTIONAL CROSS TRAINING				MAT PILATES Adv level 2		AERIAL YOGA		
4-15/06/2025	PERSONAL TRAINING	KETTLEBELLS				MAT PILATES		AERIAL YOGA		
	PERSONAL TRAINING	TRAINING  KETTLEBELLS				Adv level 2  MAT & PROPS PILATES		AERIAL YOGA		
1-22/06/2025	Elite level 3	TRAINING			TATTIVU CACH TON	Adv level 2		ACKIAL TOGA		
8-29/06/2025	DEDCOMAL TOANNA			TENIKH EEE	ΤΑΣΤΙΚΗ ΟΛΩΝ ΤΩΝ ΕΙ					
	PERSONAL TRAINING Elite level 3	OLYMPIC WEIGHTLIFTING				EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		
	PERSONAL TRAINING Specialized level 4	OLYMPIC WEIGHTLIFTING				EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		
5-06/07/2025							•		ı	
5-06/07/2025 2-13/07/2025	PERSONAL TRAINING Specialized level 4					EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		
	PERSONAL TRAINING Specialized level 4 PERSONAL TRAINING Specialized level 4					EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA  AERIAL TFD		