

Γενικό Πρόγραμμα GRAFTS HELLAS Αθήνας 2021 - 2022

ΚΑΤΕΥΘΥΝΣΕΙΣ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING			GROUP TRAINING	PILATES TRAINING		YOGA TRAINING		WORKSHOPS EXAMS
04-05/09/2021									
11-12/09/2021					EQUIPMENT PILATES Pro level 1		AERIAL YOGA		
18-19/09/2021				AQUA FITNESS	EQUIPMENT PILATES Pro level 1				
25-26/09/2021				AQUA FITNESS	EQUIPMENT PILATES Adv level 2		AERIAL YOGA		
ΓΕΝΙΚΗ ΕΞΕΤΑΣΤΙΚΗ ΟΔΡΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ									
02-03/10/2021				AQUA FITNESS	EQUIPMENT PILATES Adv level 2			FUN KIDS YOGA	
09-10/10/2021						PILATES PRENATAL	AERIAL YOGA	FUN KIDS YOGA	
16-17/10/2021						PILATES ARC SPINE CORRECTOR	AERIAL YOGA	FUN KIDS YOGA	
ΤΕΛΕΤΗ ΕΝΑΡΞΗΣ 2021 2022 & ΑΠΟΦΟΙΤΗΣΗΣ 2020 2021									
ΧΕΙΜΕΡΙΝΗ ΠΕΡΙΟΔΟΣ									
23-24/10/2021	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	
28η Οκτωβρίου									
30-31/10/2021	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	ΠΡΩΤΕΣ ΒΟΗΘΕΙΕΣ CPR/AED
06-07/11/2021	PERSONAL TRAINING Pro level 1				MAT PILATES Pro level 1				
13-14/11/2021	PERSONAL TRAINING Pro level 1				MAT PILATES Pro level 1		YOGA INTRO		
20-21/11/2021	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE			MAT PILATES Pro level 1		YOGA TRAINING Pro level 1		
27-28/11/2021	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE			PROPS PILATES Pro level 1		YOGA TRAINING Pro level 1		
04-05/12/2021	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	PROPS PILATES Pro level 1	CORE FITNESS Adv level 2	YOGA TRAINING Pro level 1		
11-12/12/2021	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	EQUIPMENT PILATES Pro level 1	CORE FITNESS Adv level 2	YOGA TRAINING Pro level 1		
18-19/12/2021	PERSONAL TRAINING Adv level 2				EQUIPMENT PILATES Pro level 1		REVIEW YOGA TRAINING Pro level 1		
25-26/12/2021	Χριστούγεννα								
01-02/01/2022	Χριστούγεννα								
08-09/01/2022	PERSONAL TRAINING Adv level 2	ACE HEALTH COACH	Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΤΡΑΦΗΣ		EQUIPMENT PILATES Pro level 1		AERIAL YOGA		
15-16/01/2022	PERSONAL TRAINING Adv level 2	ACE HEALTH COACH	Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΤΡΑΦΗΣ		MAT PILATES Adv level 2		AERIAL YOGA		
22-23/01/2022	PERSONAL TRAINING Adv level 2	ACE HEALTH COACH	Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΤΡΑΦΗΣ		MAT PILATES Adv level 2		AERIAL YOGA		
29-30/01/2022	PERSONAL TRAINING Elite level 5	FUNCTIONAL CROSS TRAINING	Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΤΡΑΦΗΣ		MAT PILATES Adv level 2		AERIAL YOGA		
05-06/02/2022	PERSONAL TRAINING Elite level 5	FUNCTIONAL CROSS TRAINING			PROPS PILATES Adv level 2				
12-13/02/2022	PERSONAL TRAINING Elite level 5	CORRECTIVE EXERCISE FT COACH MI			EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		
19-20/02/2022	PERSONAL TRAINING Specialized level 4	CORRECTIVE EXERCISE FT COACH MI			EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		
26-27/02/2022	PERSONAL TRAINING Specialized level 4	KETTLEBELLS TRAINING			EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		ACE OBESITY FITNESS PROGRAMMING
ΓΕΝΙΚΗ ΕΞΕΤΑΣΤΙΚΗ ΟΔΡΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ									
05-06/03/2022	Κ.Δευτέρα								
12-13/03/2022	PERSONAL TRAINING Specialized level 4	KETTLEBELLS TRAINING							
ΕΑΡΙΝΗ ΠΕΡΙΟΔΟΣ									
19-20/03/2022	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		
26-27/03/2022	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	PILATES PRENATAL	CORE FITNESS Pro level 1		
02-03/04/2022	PERSONAL TRAINING Pro level 1				MAT PILATES Pro level 1		YOGA INTRO		
09-10/04/2022	PERSONAL TRAINING Pro level 1				MAT PILATES Pro level 1		YOGA TRAINING Pro level 1		
16-17/04/2022	PERSONAL TRAINING Pro level 1				MAT PILATES Pro level 1		YOGA TRAINING Pro level 1		
23-24/04/2022	Πάσχα								
30/04-01/05/2022	Πάσχα								
07-08/05/2022	PERSONAL TRAINING Pro level 1				PROPS PILATES Pro level 1		YOGA TRAINING Pro level 1		
14-15/05/2022	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	PROPS PILATES Pro level 1	CORE FITNESS Adv level 2	YOGA TRAINING Pro level 1		
21-22/05/2022	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	EQUIPMENT PILATES Pro level 1	CORE FITNESS Adv level 2	YOGA TRAINING Pro level 1		
28-29/05/2022	PERSONAL TRAINING Adv level 2				EQUIPMENT PILATES Pro level 1				
04-05/06/2022	PERSONAL TRAINING Adv level 2				EQUIPMENT PILATES Pro level 1		AERIAL YOGA		
11-12/06/2022	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING		AQUA FITNESS	MAT PILATES Adv level 2		AERIAL YOGA		
18-19/06/2022	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING	Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΤΡΑΦΗΣ	AQUA FITNESS	MAT PILATES Adv level 2		AERIAL YOGA		
25-26/06/2022	PERSONAL TRAINING Elite level 5	SUSPENSION EXERCISE	Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΤΡΑΦΗΣ	AQUA FITNESS	MAT PILATES Adv level 2		AERIAL YOGA	SUP YOGA	
02-03/07/2022	PERSONAL TRAINING Elite level 5	SUSPENSION EXERCISE	Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΤΡΑΦΗΣ	GROUP TRAINING Pro level 1	PROPS PILATES Adv level 2		FUN KIDS YOGA	SUP YOGA	
ΓΕΝΙΚΗ ΕΞΕΤΑΣΤΙΚΗ ΟΔΡΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ									
09-10/07/2022	PERSONAL TRAINING Elite level 3	CORRECTIVE EXERCISE FT COACH MI	Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΤΡΑΦΗΣ	GROUP TRAINING Pro level 1	EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		AERIAL TFD
16-17/07/2022	PERSONAL TRAINING Specialized level 4	CORRECTIVE EXERCISE FT COACH MI		GROUP TRAINING Pro level 1	EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		
23-24/07/2022	PERSONAL TRAINING Specialized level 4	KETTLEBELLS TRAINING		GROUP TRAINING Pro level 1	EQUIPMENT PILATES Adv level 2				ACE OBESITY FITNESS PROGRAMMING
30-31/07/2022	PERSONAL TRAINING Specialized level 4	OLYMPIC WEIGHTLIFTING		GROUP TRAINING Pro level 1					

ΠΡΟΣΟΧΗ: Οι ημερομηνίες διεξαγωγής των εκπαιδευτικών κύκλων δύνανται να τροποποιηθούν βάσει των ειδικών συνθηκών και μέτρων (COVID 19) που μπορεί να εφαρμοσθούν.