

Γενικό Πρόγραμμα **GRAFTS HELLAS** Κομοτηνή 2021 - 2022

ΚΑΤΕΥΘΥΝΣΕΙΣ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING			GROUP TRAINING	PILATES	YOGA	WORKSHOPS
04-05/09/2021							
11-12/09/2021							
18-19/09/2021							
25-26/09/2021	ΓΕΝΙΚΗ ΕΞΕΤΑΣΤΙΚΗ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ						
02-03/10/2021							
09-10/10/2021							
16-17/10/2021	ΤΕΛΕΤΗ ΕΝΑΡΞΗΣ 2021 2022 & ΑΠΟΦΟΙΤΗΣΗΣ 2020 2021						
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
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	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1
06-07/11/2021	PERSONAL TRAINING Pro level 1				PILATES INTRO	YOGA INTRO	
13-14/11/2021				GROUP TRAINING Pro level 1			
20-21/11/2021	PERSONAL TRAINING Pro level 1	INTRO FCT INTRO SUSPENSION			MAT PILATES Pro level 1		
27-28/11/2021				GROUP TRAINING Pro level 1	MAT PILATES Pro level 1		
04-05/12/2021	PERSONAL TRAINING Pro level 1	INTRO CORRECTIVE EXERCISE			MAT PILATES Pro level 1		
11-12/12/2021				GROUP TRAINING Pro level 1	PROPS PILATES Pro level 1		
18-19/12/2021					PROPS PILATES Pro level 1		
25-26/12/2021	Χριστούγεννα						
01-02/01/2022	Χριστούγεννα						
08-09/01/2022			ACE HEALTH COACH	GROUP TRAINING Pro level 1			
15-16/01/2022	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE	ACE HEALTH COACH			YOGA TRAINING Pro level 1	
22-23/01/2022			ACE HEALTH COACH	GROUP TRAINING Pro level 1			
29-30/01/2022	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING				YOGA TRAINING Pro level 1	
05-06/02/2022				GROUP TRAINING Adv level 2	EQUIPMENT PILATES Pro level 1		
12-13/02/2022	PERSONAL TRAINING Adv level 2	CORRECTIVE EXERCISE FT COACH MI				YOGA TRAINING Pro level 1	
19-20/02/2022				GROUP TRAINING Adv level 2	MAT PILATES Adv level 2		
26-27/02/2022	PERSONAL TRAINING Adv level 2	KETTLEBELLS TRAINING			MAT PILATES Adv level 2		
05-06/03/2022	Κ.Δευτέρα						
12-13/03/2022	PERSONAL TRAINING Adv level 2	OLYMPIC WEIGHTLIFTING			PROPS PILATES Adv level 2	AERIAL YOGA	
19-20/03/2022				GROUP TRAINING Adv level 2		AERIAL YOGA	
26-27/03/2022				GROUP TRAINING Adv level 2			
02-03/04/2022	PERSONAL TRAINING Pro level 1	SPECIAL UNITS			SPECIAL UNITS		
09-10/04/2022	CORE FITNESS Adv level 2			CORE FITNESS Adv level 2	CORE FITNESS Adv level 2		
16-17/04/2022	CORE FITNESS Adv level 2			CORE FITNESS Adv level 2	CORE FITNESS Adv level 2		
23-24/04/2022	Πάσχα						
30/04-01/05/2022	Πάσχα						
07-08/05/2022	PERSONAL TRAINING Elite level 3					FUN KIDS YOGA	
14-15/05/2022	PERSONAL TRAINING Elite level 3			GROUP TRAINING Elite level 3		FUN KIDS YOGA	ΕΞΕΤΑΣΤΙΚΗ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ
21-22/05/2022	PERSONAL TRAINING Specialized level 4			GROUP TRAINING Elite level 3			
28-29/05/2022	PERSONAL TRAINING Specialized level 4						
04-05/06/2022	PERSONAL TRAINING Specialized level 4						
11-12/06/2022							
18-19/06/2022							
25-26/06/2022							
02-03/07/2022							
09-10/07/2022							
16-17/07/2022							
23-24/07/2022							

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