

## Γενικό Πρόγραμμα **GRAFTS HELLAS** Κρήτης 2021 - 2022

ΚΑΤΕΓΟΡΙΑΣ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING			PILATES TRAINING		YOGA TRAINING	WORKSHOPS EXAMS
<b>ΧΕΙΜΕΡΙΝΗ ΠΕΡΙΟΔΟΣ</b>							
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	
<b>28η Οκτωβρίου</b>							
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	
06-07/11/2021	PERSONAL TRAINING Pro level 1						
13-14/11/2021	PERSONAL TRAINING Pro level 1						
20-21/11/2021	PERSONAL TRAINING Pro level 1						
27-28/11/2021	PERSONAL 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	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	
11-12/12/2021	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	
18-19/12/2021	PERSONAL TRAINING Adv level 2						
25-26/12/2021	<b>Χριστούγεννα</b>						
01-02/01/2022	<b>Χριστούγεννα</b>						
08-09/01/2022	PERSONAL TRAINING Adv level 2	ACE HEALTH COACH					
15-16/01/2022	PERSONAL TRAINING Adv level 2	ACE HEALTH COACH					
22-23/01/2022	PERSONAL TRAINING Adv level 2	ACE HEALTH COACH					
29-30/01/2022	PERSONAL TRAINING Elite level 3						
05-06/02/2022	PERSONAL TRAINING Elite level 3						
12-13/02/2022	PERSONAL TRAINING Elite level 3			MAT PILATES Pro level 1			
19-20/02/2022	PERSONAL TRAINING Specialized level 4			MAT & PROPS PILATES Pro level 1			
26-27/02/2022	PERSONAL TRAINING Specialized level 4			MAT & PROPS PILATES Pro level 1			ACE OBESITY FITNESS PROGRAMMING
05-06/03/2022	<b>Κ.Δευτέρα</b>						
12-13/03/2022	PERSONAL TRAINING Specialized level 4	SUSPENSION EXERCISE	FUNCTIONAL CROSS TRAINING	MAT & PROPS PILATES Adv level 2			
<b>ΕΑΡΙΝΗ ΠΕΡΙΟΔΟΣ</b>							
19-20/03/2022	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	MAT & PROPS PILATES Adv level 2	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	
02-03/04/2022	PERSONAL TRAINING Pro level 1					YOGA INTRO	
09-10/04/2022	PERSONAL TRAINING Pro level 1					YOGA TRAINING Pro level 1	
16-17/04/2022	PERSONAL TRAINING Pro level 1			EQUIPMENT PILATES Pro level 1		YOGA TRAINING Pro level 1	
23-24/04/2022	<b>Πάσχα</b>						
30/04-01/05/2022	<b>Πάσχα</b>						
07-08/05/2022	PERSONAL TRAINING 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	EQUIPMENT PILATES Adv level 2	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	REVIEW YOGA TRAINING Pro level 1	
28-29/05/2022	PERSONAL TRAINING Adv level 2						
04-05/06/2022	PERSONAL TRAINING Adv level 2						
11-12/06/2022	PERSONAL TRAINING Adv level 2						
18-19/06/2022	PERSONAL TRAINING Adv level 2						
25-26/06/2022	PERSONAL TRAINING Elite level 3						
02-03/07/2022	PERSONAL TRAINING Elite level 3						
09-10/07/2022	PERSONAL TRAINING Elite level 3						
16-17/07/2022	PERSONAL TRAINING Specialized level 4						
23-24/07/2022	PERSONAL TRAINING Specialized level 4						ACE OBESITY FITNESS PROGRAMMING
30-31/07/2022	PERSONAL TRAINING Specialized level 4						
<b>ΠΡΟΣΟΧΗ:</b> Οι ημερομηνίες διεξαγωγής των εκπαιδευτικών κύκλων δύνανται να τροποποιηθούν βάσει των ειδικών συνθηκών και μέτρων (COVID 19) που μπορεί να εφαρμοστούν.							