

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

KATEΥΘΥΝΣΕΙΣ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING	GROUP TRAINING	PILATES TRAINING	YOGA TRAINING	WORKSHOPS EXAMS
04-05/09/2021					
11-12/09/2021					
18-19/09/2021					
25-26/09/2021	ΓΕΝΙΚΗ ΕΞΕΤΑΣΤΙΚΗ ΟΔΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ				
02-03/10/2021					
09-10/10/2021					
16-17/10/2021	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
<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
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	PROPS PILATES Pro level 1	CORE FITNESS Adv level 2
11-12/12/2021	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
18-19/12/2021	PERSONAL TRAINING Adv level 2			EQUIPMENT PILATES Pro level 1	REVIEW YOGA TRAINING Pro level 1
25-26/12/2021	<b>Χριστούγεννα</b>				
01-02/01/2022					
08-09/01/2022	PERSONAL TRAINING Adv level 2	ACE HEALTH COACH		EQUIPMENT PILATES Pro level 1	AERIAL YOGA
15-16/01/2022	PERSONAL TRAINING Adv level 2	ACE HEALTH COACH		MAT PILATES Adv level 2	AERIAL YOGA
22-23/01/2022	PERSONAL TRAINING Adv level 2	ACE HEALTH COACH		MAT PILATES Adv level 2	AERIAL YOGA
29-30/01/2022	PERSONAL TRAINING Ebe level 3	CORRECTIVE EXERCISE FT COACH HI		MAT PILATES Adv level 2	AERIAL YOGA
05-06/02/2022	PERSONAL TRAINING Ebe level 3	CORRECTIVE EXERCISE FT COACH HI	GROUP TRAINING Pro level 1	PROPS PILATES Adv level 2	
12-13/02/2022	PERSONAL TRAINING Ebe level 3	FUNCTIONAL CROSS TRAINING	GROUP TRAINING Pro level 1	EQUIPMENT PILATES Adv level 2	FUN KIDS YOGA
19-20/02/2022	PERSONAL TRAINING Specialized level 4	FUNCTIONAL CROSS TRAINING	GROUP TRAINING Pro level 1	EQUIPMENT PILATES Adv level 2	FUN KIDS YOGA
26-27/02/2022	PERSONAL TRAINING Specialized level 4	KETTLEBELLS TRAINING	GROUP TRAINING Pro level 1	EQUIPMENT PILATES Adv level 2	FUN KIDS YOGA
	ΓΕΝΙΚΗ ΕΞΕΤΑΣΤΙΚΗ ΟΔΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ				
05-06/03/2022	<b>Κ.Δευτέρα</b>				
12-13/03/2022	PERSONAL TRAINING Specialized level 4	KETTLEBELLS TRAINING	GROUP TRAINING Pro level 1		PILATES PRENATAL
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
26-27/03/2022	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	PILATES ARC SPINE CORRECTOR
02-03/04/2022	PERSONAL TRAINING Pro level 1			MAT PILATES Pro level 1	
09-10/04/2022	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE		MAT PILATES Pro level 1	YOGA INTRO
16-17/04/2022	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE		MAT PILATES Pro level 1	YOGA TRAINING Pro level 1
23-24/04/2022	<b>Πάσχα</b>				
30/04-01/05/2022					
07-08/05/2022	PERSONAL TRAINING Pro level 1		AQUA FITNESS	PROPS PILATES Pro level 1	YOGA TRAINING Pro level 1
14-15/05/2022	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	AQUA FITNESS	PROPS PILATES Pro level 1	CORE FITNESS Adv level 2
21-22/05/2022	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	AQUA FITNESS	EQUIPMENT PILATES Pro level 1	CORE FITNESS Adv level 2
28-29/05/2022	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING		EQUIPMENT PILATES Pro level 1	REVIEW YOGA TRAINING Pro level 1
04-05/06/2022	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING		EQUIPMENT PILATES Pro level 1	AERIAL YOGA
11-12/06/2022	PERSONAL TRAINING Adv level 2			MAT PILATES Adv level 2	AERIAL YOGA
18-19/06/2022	PERSONAL TRAINING Adv level 2	CORRECTIVE EXERCISE FT COACH HI		MAT PILATES Adv level 2	AERIAL YOGA
25-26/06/2022	PERSONAL TRAINING Ebe level 3	CORRECTIVE EXERCISE FT COACH HI		MAT PILATES Adv level 2	AERIAL YOGA
02-03/07/2022	PERSONAL TRAINING Ebe level 3			PROPS PILATES Adv level 2	
ΓΕΝΙΚΗ ΕΞΕΤΑΣΤΙΚΗ ΟΔΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ					
09-10/07/2022	PERSONAL TRAINING Ebe level 3	OLYMPIC WEIGHTLIFTING		EQUIPMENT PILATES Adv level 2	FUN KIDS YOGA
16-17/07/2022	PERSONAL TRAINING Specialized level 4	OLYMPIC WEIGHTLIFTING		EQUIPMENT PILATES Adv level 2	FUN KIDS YOGA
23-24/07/2022	PERSONAL TRAINING Specialized level 4			EQUIPMENT PILATES Adv level 2	FUN KIDS YOGA
30-31/07/2022	PERSONAL TRAINING Specialized level 4				ACE OBESITY FITNESS PROGRAMMING

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