

Γενικό Πρόγραμμα GRAFTS HELLAS Πάτρας 2021 - 2022

ΚΑΤΗΓΟΡΙΕΣ 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 ΟΛΩΝ 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		
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 PILATES INTRO		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	YOGA TRAINING Pro level 1		
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	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		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 Elite level 3	CORRECTIVE EXERCISE FT COACH M1		MAT PILATES Adv level 2		AERIAL YOGA		
05-06/02/2022	PERSONAL TRAINING Elite level 3	CORRECTIVE EXERCISE FT COACH M1	GROUP TRAINING Pro level 1	PROPS PILATES Adv level 2				
12-13/02/2022	PERSONAL TRAINING Elite 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	KETTELBELLS TRAINING	GROUP TRAINING Pro level 1	EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		ACE OBESITY FITNESS PROGRAMMING
ΓΕΝΙΚΗ ΕΞΕΤΑΣΤΙΚΗ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ								
Κ.Δευτέρα								
12-13/03/2022	PERSONAL TRAINING Specialized level 4	KETTELBELLS 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 INTRO	PILATES ARC SPINE CORRECTOR	CORE FITNESS Pro level 1		
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	Πάσχα							
30/04-01/05/2022	Πάσχα							
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	YOGA TRAINING Pro level 1		
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	YOGA TRAINING Pro level 1		
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 M1		MAT PILATES Adv level 2		AERIAL YOGA		
25-26/06/2022	PERSONAL TRAINING Elite level 3	CORRECTIVE EXERCISE FT COACH M1		MAT PILATES Adv level 2		AERIAL YOGA		
02-03/07/2022	PERSONAL TRAINING Elite level 3			PROPS PILATES Adv level 2				
ΓΕΝΙΚΗ ΕΞΕΤΑΣΤΙΚΗ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ								
09-10/07/2022	PERSONAL TRAINING Elite 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		ACE OBESITY FITNESS PROGRAMMING
30-31/07/2022	PERSONAL TRAINING Specialized level 4							

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