

Γενικό Πρόγραμμα GRAFTS HELLAS ΘΕΣΣΑΛΟΝΙΚΗΣ 2021 - 2022

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