Γενικό Πρόγραμμα GRAFTS HELLAS Κομοτηνής 2024 - 2025

ΚΑΤΕΥΘΥΝΣΕΙΣ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING			GROUP FITNESS TRAINING		PILATES TEACHER TRAINING		YOGA TEACHER TRAINING	
31/08-01/09/2024									
07-08/09/2024									
14-15/09/2024					ELEVEN				
21-22/09/2024	ΓΕΝΙΚΗ ΕΞΕΤΑΣΤΙΚΗ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ								
					FIGHT DO				
28-29/09/2024					UBOUND				
05-06/10/2024					POWER				
12-13/10/2024	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	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1
19-20/10/2024	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	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1
26-27/10/2024	28η Οκτωβρίου								
02-03/11/2024	PERSONAL TRAINING Pro level 1	INTRO FCT INTRO SUSPENSION			TOP RIDE				
09-10/11/2024					HYPER C	PILATES INTRO		YOGA INTRO	
16-17/11/2024	PERSONAL TRAINING Pro level 1	INTRO CORRECTIVE EXERCISE	INTRO KETTLEBELLS		FACTOR F				
23-24/11/2024					X55	MAT PILATES Pro level 1			
30/11/-01/12/2024	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	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2
07-08/12/2024	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	MAT PILATES Pro level 1	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2
14-15/12/2024	PERSONAL TRAINING Pro level 1				KIMAX	MAT PILATES Pro level 1			
21-22/12/2024					OXIGENO				
28-29/12/2024	Χριστούγεννα								
04-05/01/2025									
11-12/01/2025					MEGADANZ	PROPS PILATES Pro level 1			
18-19/01/2025	PERSONAL TRAINING Pro level 1		Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ					YOGA TRAINING Pro level 1	
25-26/01/2025			Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ					YOGA TRAINING Pro level 1	
01-02/02/2025	PERSONAL TRAINING Adv level 2	SUSPENSION EXERCISE							
08-09/02/2025			Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ			PROPS PILATES Pro level 1			
15-16/02/2025	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING							
22-23/02/2025			Η ΣΥΓΧΡΟΝΗ ΣΤΡΑΤΗΓΙΚΗ ΤΗΣ ΣΩΜΑΤΙΚΗΣ ΔΙΑΠΛΑΣΗΣ			REFORMER PILATES Pro level 1			
01-02/03/2025	Κ.Δευτέρα								
08-09/03/2025	ΓΕΝΙΚΗ ΕΞΕΤΑΣΤΙΚΗ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ								
	PERSONAL TRAINING Adv level 2	KETTLEBELLS TRAINING						YOGA TRAINING Pro level 1	
15-16/03/2025		OLYMPIC WEIGHTLIFTING				MAT & PROPS PILATES Adv level 2			
22-23/03/2025	PERSONAL TRAINING Adv level 2			GROUP TRAINING Pro level 1					
29-30/03/2025		HEALTH COACH by ACE				MAT & PROPS PILATES Adv level 2			
05-06/04/2025	PERSONAL TRAINING Elite level 3	HEALTH COACH by ACE							
12-13/04/2025		HEALTH COACH by ACE				REFORMER PILATES Adv level 2		AERIAL YOGA	
19-20/04/2025	Πάσχα								
26-27/04/2025									
03-04/05/2025	PERSONAL TRAINING Elite level 3			GROUP TRAINING Pro level 1				AERIAL YOGA	
10-11/05/2025				GROUP TRAINING Adv level 2					
17-18/05/2025	PERSONAL TRAINING Specialized level 4	CORRECTIVE EXERCISE							
24-25/05/2025	PERSONAL TRAINING Specialized level 4								
31/05-01/06/2025	PERSONAL TRAINING Specialized level 4					REFORMER & TOWER PILATES Elite level 3		FUN KIDS YOGA	
07-08/06/2025								FUN KIDS YOGA	
14-15/06/2025									
21-22/06/2025									
28-29/06/2025	ΓΕΝΙΚΗ ΕΞΕΤΑΣΤΙΚΗ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ								
05-06/07/2025									
12-13/07/2025									
19-20/07/2025									
26-27/07/2025									