Γενικό Πρόγραμμα GRAFTS HELLAS Ρόδου 2024 - 2025

ΚΑΤΕΥΘΥΝΣΕΙΣ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING			GROUP FITNESS TRAINING		PILATES TEACHER TRAINING		YOGA TEACHER TRAINING		WORKSHOPS
31/08-01/09/2024										
07-08/09/2024										
14-15/09/2024			OLYMPIC WEIGHTLIFTING		ELEVEN	PILATES REFORMER I	PILATES PRENATAL			
21-22/09/2024	ΓΕΝΙΚΗ ΕΞΕΤΑΣΤΙΚΗ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ									
			OLYMPIC WEIGHTLIFTING		FIGHT DO	EQUIPMENT PILATES Elite level 3				
28-29/09/2024			SUSPENSION EXERCISE		UBOUND	EQUIPMENT PILATES Elite level 3		AERIAL YOGA		
05-06/10/2024			SUSPENSION EXERCISE		POWER	EQUIPMENT PILATES Elite level 3	PILATES ARC SPINE CORRECTOR	AERIAL YOGA		
							PILATES REFORMER II			
ΧΕΙΜΕΡΙΝΗ ΕΚΠΑΙΔΕΥΤΙΚΗ ΠΕΡΙΟΔΟΣ										
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	ΠΡΩΤΕΣ ΒΟΗΘΕΙΕΣ CPR/AED
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 PILATES INTRO	CORE FITNESS Pro level 1 PILATES INTRO	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	
26-27/10/2024	28η Οκτωβρίου							AERIAL YOGA		
02-03/11/2024	PERSONAL TRAINING Pro level 1				TOP RIDE	MAT PILATES Pro level 1				
09-10/11/2024	PERSONAL TRAINING Pro level 1				HYPER C	MAT PILATES Pro level 1		YOGA INTRO		
16-17/11/2024	PERSONAL TRAINING Pro level 1				FACTOR F	MAT & PROPS PILATES Pro level 1		YOGA TRAINING Pro level 1		
23-24/11/2024	PERSONAL TRAINING Pro level 1				X55	PROPS PILATES Pro level 1		YOGA TRAINING 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	PILATES REFORMER I	YOGA TRAINING Pro level 1		
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	CORE FITNESS Adv level 2	PILATES REFORMER II	YOGA TRAINING Pro level 1		
14-15/12/2024	PERSONAL TRAINING Adv level 2				KIMAX	EQUIPMENT PILATES Pro level 1		YOGA TRAINING Pro level 2		
21-22/12/2024	PERSONAL TRAINING Adv level 2				OXIGENO	EQUIPMENT PILATES Pro level 1				
28-29/12/2024	Χριστούγεννα									
04-05/01/2025										
11-12/01/2025	PERSONAL TRAINING Adv level 2	SUSPENSION EXERCISE			MEGADANZ	EQUIPMENT PILATES Pro level 1		AERIAL YOGA		
18-19/01/2025	PERSONAL TRAINING Adv level 2	SUSPENSION EXERCISE		GROUP TRAINING Pro level 1		MAT PILATES Adv level 2		AERIAL YOGA		
25-26/01/2025	PERSONAL TRAINING Elite level 3	FUNCTIONAL CROSS TRAINING		GROUP TRAINING Pro level 1		MAT PILATES Adv level 2		AERIAL YOGA		
01-02/02/2025	PERSONAL TRAINING Elite level 3	FUNCTIONAL CROSS TRAINING		GROUP TRAINING Pro level 1		MAT & PROPS PILATES Adv level 2		AERIAL YOGA		
08-09/02/2025	PERSONAL TRAINING Elite level 3	KETTLEBELLS TRAINING		GROUP TRAINING Pro level 1		EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		
15-16/02/2025	PERSONAL TRAINING WEIGHT MANAGEMENT Specialized level 4	KETTLEBELLS TRAINING		GROUP TRAINING Pro level 1		EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		
22-23/02/2025	PERSONAL TRAINING WEIGHT MANAGEMENT Specialized level 4	OLYMPIC WEIGHTLIFTING				EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		
01-02/03/2025	Αποκριές - Κ.Δευτέρα									
08-09/03/2025	PERSONAL TRAINING WEIGHT MANAGEMENT Specialized level 5	OLYMPIC WEIGHTLIFTING						AERIAL TFD		
	ΓΕΝΙΚΗ ΕΞΕΤΑΣΤΙΚΗ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ									
ΕΑΡΙΝΗ ΕΚΠΑΙΔΕΥΤΙΚΗ ΠΕΡΙΟΔΟΣ										
15-16/03/2025	CORE FITNESS Pro level 1	PERSONAL TRAINING DIABETES MELLITUS Specialized level 4	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		
22-23/03/2025	CORE FITNESS Pro level 1	PERSONAL TRAINING DIABETES MELLITUS Specialized level 4	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	CORE FITNESS Pro level 1		
29-30/03/2025	PERSONAL TRAINING Pro level 1	PERSONAL TRAINING DIABETES MELLITUS Specialized level 4				MAT PILATES Pro level 1	PILATES PRENATAL			
05-06/04/2025	PERSONAL TRAINING Pro level 1	PERSONAL TRAINING Specialized level 5				MAT PILATES Pro level 1	EQUIPMENT PILATES Elite level 3			
12-13/04/2025	PERSONAL TRAINING Pro level 1	PERSONAL TRAINING Specialized level 5				MAT & PROPS PILATES Pro level 1	EQUIPMENT PILATES Elite level 3	YOGA INTRO		
19-20/04/2025	Πάσχα									
26-27/04/2025	PERSONAL TRAINING Pro level 1	PERSONAL TRAINING Specialized level 5				PROPS PILATES Pro level 1	EQUIPMENT PILATES Elite level 3	YOGA TRAINING Pro level 1		
03-04/05/2025	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	YOGA TRAINING Pro level 1		
10-11/05/2025	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	YOGA TRAINING Pro level 1		
17-18/05/2025	PERSONAL TRAINING Adv level 2	SUSPENSION EXERCISE			AQUA FITNESS	EQUIPMENT PILATES Pro level 1		YOGA TRAINING Pro level 1		
24-25/05/2025	PERSONAL TRAINING Adv level 2	SUSPENSION EXERCISE			AQUA FITNESS	EQUIPMENT PILATES Pro level 1		YOGA TRAINING Pro level 0		
31/05-01/06/2025	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING			AQUA FITNESS	EQUIPMENT PILATES Pro level 1		AERIAL YOGA		
07-08/06/2025	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING				MAT PILATES Adv level 2		AERIAL YOGA		
14-15/06/2025	PERSONAL TRAINING Elite level 3	KETTLEBELLS TRAINING				MAT PILATES Adv level 2		AERIAL YOGA		
21-22/06/2025	PERSONAL TRAINING Elite level 3	KETTLEBELLS TRAINING				MAT & PROPS PILATES Adv level 2		AERIAL YOGA		
28-29/06/2025	ΓΕΝΙΚΗ ΕΞΕΤΑΣΤΙΚΗ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ									
	PERSONAL TRAINING Elite level 3	OLYMPIC WEIGHTLIFTING				EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		
05-06/07/2025	PERSONAL TRAINING Specialized level 4	OLYMPIC WEIGHTLIFTING				EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		
12-13/07/2025	PERSONAL TRAINING Specialized level 4					EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		
19-20/07/2025	PERSONAL TRAINING Specialized level 4							AERIAL TFD		
26-27/07/2025										