

Γενικό Πρόγραμμα GRAFTS HELLAS Πάτρας 2020 - 2021

ΚΑΤΕΥΘΥΝΣΕΙΣ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING	GROUP TRAINING	PILATES TRAINING	YOGA TRAINING	WORKSHOPS
19-20/09/2020					
26-27/09/2020	ΕΞΕΤΑΣΕΙΣ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ				
03-04/10/2020					
10-11/10/2020				AERIAL YOGA	
17-18/10/2020				AERIAL YOGA	
24-25/10/2020	ΤΕΛΕΤΗ ΕΝΑΡΞΗΣ 2020 2021 & ΑΠΟΦΟΙΤΗΣΗΣ 2019 2020				
28η Οκτωβρίου					
31/10-01/11/2020				AERIAL YOGA	
ΧΕΙΜΕΡΙΝΗ ΠΕΡΙΟΔΟΣ					
07-08/11/2020	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
14-15/11/2020	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
21-22/11/2020	PERSONAL TRAINING Pro level 1		MAT PILATES Pro level 1	YOGA TRAINING Pro level 1	
28-29/11/2020	PERSONAL TRAINING Pro level 1		MAT PILATES Pro level 1	YOGA TRAINING Pro level 1	
05-06/12/2020	PERSONAL TRAINING Pro level 1		MAT PILATES Pro level 1	YOGA TRAINING Pro level 1	
12-13/12/2020	PERSONAL TRAINING Pro level 1		PROPS PILATES Pro level 1	YOGA TRAINING Pro level 1	
19-20/12/2020	CORE FITNESS Adv level 2	ACE HEALTH COACH	PROPS PILATES Pro level 1	CORE FITNESS Adv level 2	AERIAL YOGA
26-27/12/2020	Χριστούγεννα				
02-03/01/2021					
09-10/01/2021	CORE FITNESS Adv level 2	ACE HEALTH COACH	EQUIPMENT PILATES Pro level 1	CORE FITNESS Adv level 2	AERIAL YOGA
16-17/01/2021	PERSONAL TRAINING Adv level 2	ACE HEALTH COACH	EQUIPMENT PILATES Pro level 1		AERIAL YOGA
23-24/01/2021	PERSONAL TRAINING Adv level 2	ACE HEALTH COACH	EQUIPMENT PILATES Pro level 1		FUN KIDS
30-31/01/2021	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING	MAT PILATES Adv level 2		FUN KIDS
06-07/02/2021	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING	MAT PILATES Adv level 2		FUN KIDS
13-14/02/2021	PERSONAL TRAINING Elite level 3	SUSPENSION EXERCISE	MAT PILATES Adv level 2		ACE TEEN FITNESS
20-21/02/2021	PERSONAL TRAINING Elite level 3	SUSPENSION EXERCISE	GROUP TRAINING Pro level 1	PROPS PILATES Adv level 2	ACE OBESITY FITNESS PROGRAMMING
27-28/02/2021	PERSONAL TRAINING Elite level 3	OLYMPIC WEIGHTLIFTING	GROUP TRAINING Pro level 1	EQUIPMENT PILATES Adv level 2	
06-07/03/2021	PERSONAL TRAINING Specialized level 4	OLYMPIC WEIGHTLIFTING	GROUP TRAINING Pro level 1	EQUIPMENT PILATES Adv level 2	
13-14/03/2021	Κ.Δευτέρα				
20-21/03/2021	PERSONAL TRAINING Specialized level 4	KETTLEBELLS TRAINING	GROUP TRAINING Pro level 1	EQUIPMENT PILATES Adv level 2	
27-28/03/2021	PERSONAL TRAINING Specialized level 4	KETTLEBELLS TRAINING	GROUP TRAINING Pro level 1		
ΕΑΡΙΝΗ ΠΕΡΙΟΔΟΣ					
03-04/04/2021	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
10-11/04/2021	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
17-18/04/2021	PERSONAL TRAINING Pro level 1				
24-25/04/2021	PERSONAL TRAINING Pro level 1				
01-02/05/2021	Πάσχα				
08-09/05/2021	PERSONAL TRAINING Pro level 1				
15-16/05/2021	PERSONAL TRAINING Pro level 1				
22-23/05/2021	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2		CORE FITNESS Adv level 2	
29-30/05/2021	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2		CORE FITNESS Adv level 2	
05-06/06/2021	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING			
12-13/06/2021	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING			
19-20/06/2021	PERSONAL TRAINING Adv level 2	SUSPENSION EXERCISE			
26-27/06/2021	PERSONAL TRAINING Adv level 2	SUSPENSION EXERCISE			
03-04/07/2021	PERSONAL TRAINING Elite level 3	OLYMPIC WEIGHTLIFTING			
10-11/07/2021	PERSONAL TRAINING Elite level 3	OLYMPIC WEIGHTLIFTING			
17-18/07/2021	PERSONAL TRAINING Elite level 3	KETTLEBELLS TRAINING			
24-25/07/2021	PERSONAL TRAINING Specialized level 4	KETTLEBELLS TRAINING			
31/07-01/08/2021	PERSONAL TRAINING Specialized level 4				

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

ΕΠΕΞΗΓΗΣΕΙΣ ΕΚΠΑΙΔΕΥΤΙΚΩΝ ΚΥΚΛΩΝ (ΣΥΝΤΟΜΟΓΡΑΦΙΕΣ)

ΕΚΠΑΙΔΕΥΤΙΚΟΙ ΚΥΚΛΟΙ ΕΙΔΙΚΟΤΗΤΩΝ			ΑΝΕΞΑΡΤΗΤΟΙ ΕΚΠΑΙΔΕΥΤΙΚΟΙ ΚΥΚΛΟΙ				
PPT	Personal Training Pro level 1 - Fitness Assistant	EQF level 2	ACE HC	ACE Health Coach	DA	Dance Aerobic	
APT	Personal Training Adv level 2 Fitness Instructor	EQF level 3	CEI MI	Corrective Exercise Module I by FT COACH	AQF	Aqua Fitness	
EPT	Personal Training Elite level 3 Personal Trainer	EQF level 4	CEI MII	Corrective Exercise Module II by FT COACH	AEYA	Aerial Yoga Arts	
SPT	Personal Training Specialist level 4 -Weight Management		SE	Suspension Exercise	FKY	Fun Kids Yoga	
PGT	Group Training - Pro level 1 Body Conditioning Instructor		FCT	Functional Cross Training	SUY	Sup Yoga	
AGT	Group Training - Adv level 2 Group Fitness Instructor	EQF level 3	KT	Kettelbells Training			
EGT	Group Training- Elite level 3 Aerobic Trainer		OW	Olympic Weightlifitng			
PMPI	Mat Pilates Instructor Pro level 1						
PPPI	Props Pilates Instructor Pro level 1						
PEPI	Equipment Pilates Instructor Pro level 1						
AMPT	Mat Pilates Teacher Adv level 2		WORKSHOPS				
APPT	Props Pilates Teacher Adv level 2	EQF level 4	Sports Conditioning by ACE		Pilates Pre & Postnatal		
AEPT	Equipment Pilates Teacher Adv level 2		Fitness Programming & Obesity by ACE		Pilates Arc - Spine Corrector		
PYI	Yoga Instructor Pro level 1		Small Group Training by ACE		Sports Pilates		
AYT	Yoga Teacher Adv level 2 - YWTT 200h		Teen Fitness by ACE		Pilates on Air		
YET	Yoga Teacher Elite level 3 - YWTT 300h		Πρώτων Βοηθειών CPR/AED				