

Γενικό Πρόγραμμα **GRAFTS HELLAS** Λευκωσίας 2020 - 2021

ΚΑΤΕΥΘΥΝΣΕΙΣ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING	
05-06/12/2020		
12-13/12/2020	CORE FITNESS Pro level 1	
19-20/12/2020	CORE FITNESS Pro level 1	ACE HEALTH COACH
26-27/12/2020	Χριστούγεννα	
02-03/01/2021		
09-10/01/2021	PERSONAL TRAINING Pro level 1	ACE HEALTH COACH
16-17/01/2021	PERSONAL TRAINING Pro level 1	ACE HEALTH COACH
23-24/01/2021	PERSONAL TRAINING Pro level 1	
30-31/01/2021	PERSONAL TRAINING Pro level 1	ACE SPORTS CONDITIONING
06-07/02/2021	CORE FITNESS Adv level 2	
13-14/02/2021	CORE FITNESS Adv level 2	ACE TEEN FITNESS
20-21/02/2021	PERSONAL TRAINING Adv level 2	ACE OBESITY FITNESS PROGRAMMING
27-28/02/2021	PERSONAL TRAINING Adv level 2	
06-07/03/2021	PERSONAL TRAINING Adv level 2	
13-14/03/2021	Κ.Δευτέρα	
20-21/03/2021	PERSONAL TRAINING Adv level 2	
27-28/03/2021	PERSONAL TRAINING Elite level 3	
03-04/04/2021	PERSONAL TRAINING Elite level 3	
10-11/04/2021	PERSONAL TRAINING Elite level 3	
17-18/04/2021	PERSONAL TRAINING Specialized level 4	
24-25/04/2021	PERSONAL TRAINING Specialized level 4	
01-02/05/2021	Πάσχα	
08-09/05/2021	PERSONAL TRAINING Specialized level 4	
15-16/05/2021		
22-23/05/2021		
29-30/05/2021		
ΠΡΟΣΟΧΗ: Οι ημερομηνίες διεξαγωγής των εκπαιδευτικών κύκλων δύνανται να τροποποιηθούν βάσει των ειδικών συνθηκών και μέτρων (COVID 19) που μπορεί να εφαρμοσθούν.		