

Τροποποιημένο Πρόγραμμα Τμημάτων e-GRAFTS ΚΟΜΟΤΗΝΗΣ 2020 - 2021

e-Classes														
ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING						PILATES TRAINING						YOGA TRAINING	
ΤΜΗΜΑ	ΕΑΡΙΝΑ ΤΜΗΜΑΤΑ		ΧΕΙΜΕΡΙΝΑ ΤΜΗΜΑΤΑ		ΕΞΕΙΔΙΚΕΥΣΕΙΣ		ΕΑΡΙΝΑ ΤΜΗΜΑΤΑ				ΧΕΙΜΕΡΙΝΑ ΤΜΗΜΑΤΑ		ΕΑΡΙΝΑ ΤΜΗΜΑΤΑ	
ΗΜΕΡΟΜΗΝΙΕΣ	ΜΑΘΗΜΑ	ΩΡΑ	ΜΑΘΗΜΑ	ΩΡΑ	ΜΑΘΗΜΑ	ΩΡΑ	ΜΑΘΗΜΑ	ΩΡΑ	ΜΑΘΗΜΑ	ΩΡΑ	ΜΑΘΗΜΑ	ΩΡΑ	ΜΑΘΗΜΑ	ΩΡΑ
20/3/2021	FOUNDATION Pro level 1						FOUNDATION Pro level 1				PROPS PILATES Pro level 1		FOUNDATION Pro level 1	
21/3/2021	ΑΝΑΤΟΜΙΑ Pro level 1						ΑΝΑΤΟΜΙΑ Pro level 1				PROPS PILATES Pro level 1		ΑΝΑΤΟΜΙΑ Pro level 1	
27/3/2021	ΦΥΣΙΟΛΟΓΙΑ Pro level 1						ΦΥΣΙΟΛΟΓΙΑ Pro level 1				PROPS PILATES Pro level 1		ΦΥΣΙΟΛΟΓΙΑ Pro level 1	
28/3/2021	ΔΙΑΤΡΟΦΗ Pro level 1						ΔΙΑΤΡΟΦΗ Pro level 1				PROPS PILATES Pro level 1		ΔΙΑΤΡΟΦΗ Pro level 1	
3/4/2021	PERSONAL TRAINING 101		PERSONAL TRAINING 401		CORRECTIVE EXERCISE MI		MAT PILATES Pro level 1				MAT PILATES Adv level 2			
4/4/2021	PERSONAL TRAINING 102		PERSONAL TRAINING 402		CORRECTIVE EXERCISE MI		MAT PILATES Pro level 1				MAT PILATES Adv level 2		YOGA INTRO	
10/4/2021	PERSONAL TRAINING 102-103		ACE OBESITY FITNESS PROGRAMMING SPT 403				MAT PILATES Pro level 1				MAT PILATES Adv level 2		YOGA TRAINING Pro level 1	
11/4/2021	PERSONAL TRAINING 103-104		ACE OBESITY FITNESS PROGRAMMING SPT 404				MAT PILATES Pro level 1				MAT PILATES Adv level 2		YOGA TRAINING Pro level 1	
17/4/2021	PERSONAL TRAINING 100		PERSONAL TRAINING 405				MAT PILATES Pro level 1				MAT PILATES Adv level 2		YOGA TRAINING Pro level 1	
18/4/2021	REVIEW PERSONAL TRAINING L1 INTRO		PERSONAL TRAINING 406				PROPS PILATES Pro level 1				MAT PILATES Adv level 2		YOGA TRAINING Pro level 1	
24/4/2021	CEI - FCT - OW - KET INTRO						PROPS PILATES Pro level 1				PROPS PILATES Adv level 2		YOGA TRAINING Pro level 1	
25/4/2021	ΑΝΑΤΟΜΙΑ Adv level 2						PROPS PILATES Pro level 1		ΑΝΑΤΟΜΙΑ Adv level 2		PROPS PILATES Adv level 2		YOGA TRAINING Pro level 1	
1/5/2021	ΠΑΣΧΑ													
2/5/2021	ΠΑΣΧΑ													
8/5/2021	ΑΝΑΤΟΜΙΑ ΦΥΣΙΟΛΟΓΙΑ Adv level 2				CORRECTIVE EXERCISE MII		PROPS PILATES Pro level 1			ΑΝΑΤΟΜΙΑ ΦΥΣΙΟΛΟΓΙΑ Adv level 2			YOGA TRAINING Pro level 1	
9/5/2021	ΦΥΣΙΟΛΟΓΙΑ Adv level 2				CORRECTIVE EXERCISE MII		PROPS PILATES Pro level 1			ΦΥΣΙΟΛΟΓΙΑ Adv level 2			YOGA TRAINING Pro level 1	
15/5/2021	ΔΙΑΤΡΟΦΗ Adv level 2				SUSPENSION EXERCISE		MAT PILATES Adv level 2			ΔΙΑΤΡΟΦΗ Adv level 2			YOGA TRAINING Pro level 1	
16/5/2021	ΔΙΑΤΡΟΦΗ Adv level 2 REVIEW OF L2				SUSPENSION EXERCISE		MAT PILATES Adv level 2			ΔΙΑΤΡΟΦΗ Adv level 2 REVIEW OF L2			YOGA TRAINING Pro level 1	
22/5/2021	PERSONAL TRAINING 201				FUNCTIONAL CROSS TRAINING		MAT PILATES Adv level 2							
23/5/2021	PERSONAL TRAINING 202				FUNCTIONAL CROSS TRAINING		MAT PILATES Adv level 2							
29/5/2021	PERSONAL TRAINING 202 - 203				KETTLEBELLS TRAINING		MAT PILATES Adv level 2							
30/5/2021	REVIEW PERSONAL TRAINING L2				KETTLEBELLS TRAINING		MAT PILATES Adv level 2							
5/6/2021	PERSONAL TRAINING 301				OLYMPIC WEIGHTLIFTING TRAINING		PROPS PILATES Adv level 2							
6/6/2021	PERSONAL TRAINING 302				OLYMPIC WEIGHTLIFTING TRAINING		PROPS PILATES Adv level 2							
12/6/2021	PERSONAL TRAINING 303						EQUIPMENT PILATES Pro level 1							
13/6/2021	PERSONAL TRAINING 304						EQUIPMENT PILATES Pro level 1							