

## Γενικό Πρόγραμμα **GRAFTS HELLAS** Σερρών 2020 - 2021 (Online)

ΚΑΤΕΥΘΥΝΣΕΙΣ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING	GROUP TRAINING	PILATES TRAINING	YOGA TRAINING	WORKSHOPS EXAMS	
13-14/03/2021	<b>Κ.Δευτέρα</b>					
<b>ΕΑΡΙΝΗ ΠΕΡΙΟΔΟΣ</b>						
20-21/03/2021	CORE FITNESS Pro level 1		CORE FITNESS Pro level 1	CORE FITNESS Pro level 1		
27-28/03/2021	CORE FITNESS Pro level 1		CORE FITNESS Pro level 1 PILATES INTRO	CORE FITNESS Pro level 1		
03-04/04/2021	PERSONAL TRAINING Pro level 1		MAT PILATES Pro level 1			
10-11/04/2021	PERSONAL TRAINING Pro level 1		MAT PILATES Pro level 1	YOGA INTRO		
17-18/04/2021	PERSONAL TRAINING Pro level 1		MAT PILATES Pro level 1	YOGA TRAINING Pro level 1		
24-25/04/2021	PERSONAL TRAINING Pro level 1		PROPS PILATES Pro level 1	YOGA TRAINING Pro level 1		
01-02/05/2021	<b>Πάσχα</b>					
08-09/05/2021	CORE FITNESS Adv level 2		PROPS PILATES Pro level 1	CORE FITNESS Adv level 2	YOGA TRAINING Pro level 1	
15-16/05/2021	CORE FITNESS Adv level 2		EQUIPMENT PILATES Pro level 1	CORE FITNESS Adv level 2	YOGA TRAINING Pro level 1	
22-23/05/2021	PERSONAL TRAINING Adv level 2		EQUIPMENT PILATES Pro level 1		REVIEW YOGA TRAINING Pro level 1	
29-30/05/2021	PERSONAL TRAINING Adv level 2		EQUIPMENT PILATES Pro level 1		AERIAL YOGA	
05-06/06/2021	PERSONAL TRAINING Adv level 2		MAT PILATES Adv level 2		AERIAL YOGA	
12-13/06/2021	PERSONAL TRAINING Adv level 2		MAT PILATES Adv level 2		AERIAL YOGA	
19-20/06/2021	PERSONAL TRAINING Elite level 3		MAT PILATES Adv level 2		AERIAL YOGA	
26-27/06/2021	PERSONAL TRAINING Elite level 3		PROPS PILATES Adv level 2			
03-04/07/2021	PERSONAL TRAINING Elite level 3		EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA	
10-11/07/2021	PERSONAL TRAINING Specialized level 4		EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA	
17-18/07/2021	PERSONAL TRAINING Specialized level 4		EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA	ACE OBESITY FITNESS PROGRAMMING
24-25/07/2021	PERSONAL TRAINING Specialized level 4					
31/07-01/08/2021						

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