

Γενικό Πρόγραμμα GRAFTS HELLAS Κομοτηνή 2020 - 2021

ΚΑΤΕΓΟΡΙΑ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING	GROUP TRAINING	PILATES	PILATES	YOGA	WORKSHOPS
03-04/10/2020						
10-11/10/2020						
17-18/10/2020						
24-25/10/2020	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	CORE FITNESS Pro level 1
28η Οκτωβρίου						
31/10-01/11/2020	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	CORE FITNESS Pro level 1
07-08/11/2020	PERSONAL TRAINING Pro level 1	INTRO FCT INTRO SUSPENSION				
14-15/11/2020			GROUP TRAINING Pro level 1	PILATES INTRO	YOGA INTRO	
21-22/11/2020	PERSONAL TRAINING Pro level 1	INTRO CORRECTIVE EXERCISE		MAT PILATES Pro level 1		
28-29/11/2020			GROUP TRAINING Pro level 1	MAT PILATES Pro level 1		
05-06/12/2020	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE		MAT PILATES Pro level 1		
12-13/12/2020			GROUP TRAINING Pro level 1	PROPS PILATES Pro level 1		
19-20/12/2020		ACE HEALTH COACH		PROPS PILATES Pro level 1		
26-27/12/2020	Χριστούγεννα					
02-03/01/2021						
09-10/01/2021		ACE HEALTH COACH	GROUP TRAINING Pro level 1		YOGA TRAINING Pro level 1	
16-17/01/2021	PERSONAL TRAINING Pro level 1	ACE HEALTH COACH			YOGA TRAINING Pro level 1	
23-24/01/2021			GROUP TRAINING Pro level 1		YOGA TRAINING Pro level 1	
30-31/01/2021	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING		MAT PILATES Adv level 2		
06-07/02/2021			GROUP TRAINING Adv level 2	EQUIPMENT PILATES Pro level 1		
13-14/02/2021	PERSONAL TRAINING Adv level 2	CORRECTIVE EXERCISE FT COACH MI				
20-21/02/2021			GROUP TRAINING Adv level 2	MAT PILATES Adv level 2		
27-28/02/2021	PERSONAL TRAINING Adv level 2	KETTLEBELLS TRAINING		PROPS PILATES Adv level 2		
06-07/03/2021	30th HEALTH & FITNESS CONGRESS by GRAFTS HELLAS 2021 (ΘΕΣΣΑΛΟΝΙΚΗ)					
13-14/03/2021	Κ.Δευτέρα					
20-21/03/2021	PERSONAL TRAINING Adv level 2	OLYMPIC WEIGHTLIFTING			AERIAL YOGA	
27-28/03/2021			GROUP TRAINING Adv level 2		AERIAL YOGA	
03-04/04/2021			GROUP TRAINING Adv level 2			
10-11/04/2021	PERSONAL TRAINING Pro level 1	SPECIAL UNITS	SPECIAL UNITS			
17-18/04/2021	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
24-25/04/2021	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
01-02/05/2021	Πάσχα					
08-09/05/2021					FUN KIDS YOGA	
15-16/05/2021	PERSONAL TRAINING Elite level 3				FUN KIDS YOGA	ΕΞΕΤΑΣΕΙΣ ΟΑΝΗ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ
22-23/05/2021	PERSONAL TRAINING Elite level 3		GROUP TRAINING Elite level 3			
29-30/05/2021	PERSONAL TRAINING Specialized level 4		GROUP TRAINING Elite level 3			
05-06/06/2021	PERSONAL TRAINING Specialized level 4					
12-13/06/2021	PERSONAL TRAINING Specialized level 4					
19-20/06/2021						
26-27/06/2021						
03-04/07/2021						
10-11/07/2021						
17-18/07/2021						
24-25/07/2021						
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.

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	Kettlebells Training		
EGT	Group Training- Elite level 3 Aerobic Trainer		OW	Olympic Weightlifting		
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			