

Γενικό Πρόγραμμα GRAFTS HELLAS Ρόδου 2020 - 2021

ΚΑΤΕΥΘΥΝΣΕΙΣ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING	GROUP TRAINING	PILATES TRAINING	YOGA TRAINING	WORKSHOPS EXAMS
10-11/10/2020					
17-18/10/2020					
ΧΕΙΜΕΡΙΝΗ ΠΕΡΙΟΔΟΣ					
24-25/10/2020	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			
07-08/11/2020	PERSONAL TRAINING Pro level 1				
14-15/11/2020	PERSONAL TRAINING Pro level 1				
21-22/11/2020	PERSONAL TRAINING Pro level 1				
28-29/11/2020	PERSONAL TRAINING Pro level 1				
05-06/12/2020	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2			
12-13/12/2020	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2			
19-20/12/2020	PERSONAL TRAINING Adv level 2	ACE HEALTH COACH			
26-27/12/2020	Χριστούγεννα				
02-03/01/2021	Χριστούγεννα				
09-10/01/2021	PERSONAL TRAINING Adv level 2	ACE HEALTH COACH			
16-17/01/2021	PERSONAL TRAINING Adv level 2	ACE HEALTH COACH			
23-24/01/2021	PERSONAL TRAINING Adv level 2				
30-31/01/2021	PERSONAL TRAINING Elite level 3				ACE SPORTS CONDITIONING
06-07/02/2021	PERSONAL TRAINING Elite level 3				
13-14/02/2021	PERSONAL TRAINING Elite level 3				ACE TEEN FITNESS
20-21/02/2021	PERSONAL TRAINING Specialized level 4				ACE OBESITY FITNESS PROGRAMMING
27-28/02/2021	PERSONAL TRAINING Specialized level 4				
06-07/03/2021	PERSONAL TRAINING Specialized level 4				
13-14/03/2021	Κ.Δευτέρα				
ΕΑΡΙΝΗ ΠΕΡΙΟΔΟΣ					
20-21/03/2021	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1			
27-28/03/2021	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1			
03-04/04/2021	PERSONAL TRAINING Pro level 1				
10-11/04/2021	PERSONAL TRAINING 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	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2			
15-16/05/2021	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2			
22-23/05/2021	PERSONAL TRAINING Adv level 2				
29-30/05/2021	PERSONAL TRAINING Adv level 2				
05-06/06/2021	PERSONAL TRAINING Adv level 2				
12-13/06/2021	PERSONAL TRAINING Adv level 2				
19-20/06/2021	PERSONAL TRAINING Elite level 3				
26-27/06/2021	PERSONAL TRAINING Elite level 3				
03-04/07/2021	PERSONAL TRAINING Elite level 3				
10-11/07/2021	PERSONAL TRAINING Specialized level 4				
17-18/07/2021	PERSONAL TRAINING Specialized level 4				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.

ΕΠΕΞΗΓΗΣΕΙΣ ΕΚΠΑΙΔΕΥΤΙΚΩΝ ΚΥΚΛΩΝ (ΣΥΝΤΟΜΟΓΡΑΦΙΕΣ)

ΕΚΠΑΙΔΕΥΤΙΚΟΙ ΚΥΚΛΟΙ ΕΙΔΙΚΟΤΗΤΩΝ			ΑΝΕΞΑΡΤΗΤΟΙ ΕΚΠΑΙΔΕΥΤΙΚΟΙ ΚΥΚΛΟΙ				
PPT	Personal Training Pro level 1 - Fintness Assistant	EQF level 2	ACE HC	ACE Health Coach	DA	Dance Aerobic	
APT	Personal Training Adv level 2 Fintness 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				