

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

ΚΑΤΕΥΘΥΝΣΕΙΣ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING			PILATES	YOGA	WORKSHOPS	EVENTS
28-29/11/2020							
5-6/12/2020				MAT PILATES Pro level 1			
12-13/12/2020				MAT PILATES Pro level 1			
19-20/12/2020							
26-27/12/2020	ΧΡΙΣΤΟΥΓΕΝΝΑ - ΠΡΩΤΟΧΡΟΝΙΑ						
2-3/1/2021							
9-10/1/2021							
16-17/1/2021							
23-24/1/2021				PROPS PILATES Pro level 1			
30-31/1/2021							
6-7/2/2021	PERSONAL TRAINING Pro level 1	CORE FITNESS Pro level 1		PROPS PILATES Pro level 1			
13-14/2/2021	PERSONAL TRAINING Pro level 1	CORE FITNESS Pro level 1			YOGA Pro level 1		
20-21/2/2021					YOGA Pro level 1		
27-28/2/2021	PERSONAL TRAINING Pro level 1	CORE FITNESS Pro level 1	SUSPENSION EXERCISE		YOGA Pro level 1		
6-7/3/2021	PERSONAL TRAINING Adv level 2	CORE FITNESS Pro level 2	FUNCTIONAL CROSS TRAINING	EQUIPMENT PILATES Level 1			
13-14/3/2021	ΚΑΘΑΡΑ ΔΕΥΤΕΡΑ						
20-21/3/2021	PERSONAL TRAINING Adv level 2	CORE FITNESS Pro level 2		EQUIPMENT PILATES Level 1			
27-28/3/2021	PERSONAL TRAINING Adv level 2	CORE FITNESS Pro level 2					
3-4/4/2020				MAT & PROPS PILATES Adv level 2			
10-11/4/2020	PERSONAL TRAINING Elite level 3						
17-18/4/2020	PERSONAL TRAINING Elite level 3			MAT & PROPS PILATES Adv level 2			
24-25/4/2020							
1-2/5/2020	ΠΑΣΧΑ						
8-9/5/2021	ΕΞΕΤΑΣΕΙΣ PERSONAL TRAINING						

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	FST	Fight Sports Training
EPT	Personal Training Elite level 3 Personal Trainer	EQF level 4	CEI MII	Corrective Exercise Module II by FT COACH	PIL	Pilardio
SPT	Personal Training Specialist level 4 -Weight Management	EQF level 5	SE	Suspension Exercise	AQF	Aqua Fitness
ETM	Exersice to Music Instructor - Pro level 1		FMT	Functional Metabolic Training	AEYA	Aerial Yoga Arts
GFI	Exersice to Music Adv level 2 Group Fitness Instructor	EQF level 3	KT	Kettelbells Training	FKY	Fan Kids Yoga
EAT	Exersice to Music 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					
AMPPT	Mat & Props Pilates Teacher Adv level 2	EQF level 4	WORKSHOPS			
AEPT	Equipment Pilates Teacher Adv level 2		Fitness Programming & Obesity by ACE		Pilates Arc - Spine Corrector	
PYI	Yoga Instructor Pro level 1		Sports Conditioning by ACE		Sports Pilates	
AYT	Yoga Teacher Adv level 2 - YWTT 200h		Small Group Training by ACE		Pilates on Air	
YET	Yoga Teacher Elite level 3 - YWTT 300h		Teen Fitness by ACE		Πρώτων Βοηθειών CPR/AED	