

**Γενικό Πρόγραμμα **GRAFTS HELLAS** Αθήνας 2019 - 2020**

ΚΑΤΕΥΘΥΝΣΕΙΣ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING			GROUP TRAINING	PILATES	YOGA	WORKSHOPS - EXAMS	
31/08 - 01/09/2019								
07-08/09/2019								
14-15/09/2019							PILATES SPINE CORRECTOR	
21-22/09/2019	ΕΞΕΤΑΣΕΙΣ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ						CPR/AED	
28-29/09/2019		OLYMPIC WEIGHTLIFTING						
05-06/10/2019		OLYMPIC WEIGHTLIFTING					PILATES PRENATAL	
12-13/10/2019								
18-19-20/10/2019	7th GRAFTS FITNESS SUMMIT 2019 (ΑΘΗΝΑ) ΤΕΛΕΤΗ ΕΝΑΡΞΗΣ 2019 2020 & ΑΠΟΦΟΙΤΗΣΗΣ 2018 2019						ACE SPORTS CONDITIONING	
26-27/10/2019	28η Οκτωβρίου							
ΧΕΙΜΕΡΙΝΗ ΠΕΡΙΟΔΟΣ								
02-03/11/2019	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		
09-10/11/2019	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 PILATES INTRO	CORE FITNESS Pro level 1		
16-17/11/2019	PERSONAL TRAINING Pro level 1				MAT PILATES Pro level 1			
23-24/11/2019	PERSONAL TRAINING Pro level 1				MAT PILATES Pro level 1	YOGA INTRO		
30/11-01/12/2019	PERSONAL TRAINING Pro level 1				MAT PILATES Pro level 1	YOGA Pro level 1		
07-08/12/2019	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE			PROPS PILATES Pro level 1	YOGA Pro level 1		
14-15/12/2019	REVIEW PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE			PROPS PILATES Pro level 1	YOGA Pro level 1		
21-22/12/2019	CORE FITNESS Adv level 2				EQUIPMENT PILATES Pro level 1	YOGA Pro level 1		
28-29/12/2019	Χριστούγεννα							
04-05/01/2020								
11-12/01/2020	CORE FITNESS Adv level 2				EQUIPMENT PILATES Pro level 1	REVIEW YOGA TRAINING Pro level 1		
18-19/01/2020	PERSONAL TRAINING Adv level 2				EQUIPMENT PILATES Pro level 1	AERIAL YOGA		
25-26/01/2020	PERSONAL TRAINING Adv level 2				MAT PILATES Adv level 2	AERIAL YOGA		
01-02/02/2020	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING			MAT PILATES Adv level 2	AERIAL YOGA		
08-09/02/2020	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING			MAT PILATES Adv level 2	AERIAL YOGA		
15-16/02/2020	REVIEW PERSONAL TRAINING Adv level 2	CORRECTIVE EXERCISE FT COACH MI			PROPS PILATES Adv level 2	FUN KIDS YOGA		
22-23/02/2020	PERSONAL TRAINING Elite level 3	CORRECTIVE EXERCISE FT COACH MI			EQUIPMENT PILATES Adv level 2	FUN KIDS YOGA		ΕΞΕΤΑΣΕΙΣ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ
29/02-01/03/2020	Κ.Δευτέρα							
07-08/03/2020	PERSONAL TRAINING Elite level 3	KETTLEBELLS TRAINING			EQUIPMENT PILATES Adv level 2	FUN KIDS YOGA		
13-14-15/03/2020	PERSONAL TRAINING Elite level 3	KETTLEBELLS TRAINING	ACE HEALTH COACH		EQUIPMENT PILATES Adv level 2		29th IHFC 2020 ΘΕΣΣΑΛΟΝΙΚΗ	
ΕΑΡΙΝΗ ΠΕΡΙΟΔΟΣ								
21-22/03/2020	CORE FITNESS Pro level 1	PERSONAL TRAINING Specialized level 4	ACE HEALTH COACH	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	PILATES SPINE CORRECTOR	
28-29/03/2020	CORE FITNESS Pro level 1	PERSONAL TRAINING Specialized level 4	ACE HEALTH COACH	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1 PILATES INTRO	CORE FITNESS Pro level 1	PILATES PRENATAL	
04-05/04/2020	PERSONAL TRAINING Pro level 1	PERSONAL TRAINING Specialized level 4	OLYMPIC WEIGHTLIFTING TRAINING	GROUP TRAINING Pro level 1	MAT PILATES Pro level 1			
11-12/04/2020	PERSONAL TRAINING Pro level 1		OLYMPIC WEIGHTLIFTING TRAINING	GROUP TRAINING Pro level 1	MAT PILATES Pro level 1	YOGA INTRO		
18-19/04/2020	Πάσχα							
25-26/04/2020	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE		GROUP TRAINING Pro level 1	MAT PILATES Pro level 1	YOGA Pro level 1		
02-03/05/2020	PERSONAL TRAINING Pro level 1	SUSPENSION EXERCISE		GROUP TRAINING Pro level 1	PROPS PILATES Pro level 1	YOGA Pro level 1		
09-10/05/2020	CORE FITNESS Adv level 2			GROUP TRAINING Pro level 1	PROPS PILATES Pro level 1	YOGA Pro level 1		
16-17/05/2020	CORE FITNESS Adv level 2	FUNCTIONAL CROSS TRAINING		AQUA FITNESS	EQUIPMENT PILATES Pro level 1	YOGA Pro level 1		
23-24/05/2020	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING		AQUA FITNESS	EQUIPMENT PILATES Pro level 1	REVIEW YOGA TRAINING Pro level 1		
30-31/05/2020	PERSONAL TRAINING Adv level 2			AQUA FITNESS	EQUIPMENT PILATES Pro level 1	AERIAL YOGA		
06-07/06/2020	PERSONAL TRAINING Adv level 2	CORRECTIVE EXERCISE FT COACH MI			MAT PILATES Adv level 2	AERIAL YOGA		
13-14/06/2020	PERSONAL TRAINING Adv level 2	CORRECTIVE EXERCISE FT COACH MI			MAT PILATES Adv level 2	AERIAL YOGA		
20-21/06/2020	PERSONAL TRAINING Elite level 3				MAT PILATES Adv level 2	AERIAL YOGA		
27-28/06/2020	PERSONAL TRAINING Elite level 3	KETTLEBELLS TRAINING			PROPS PILATES Adv level 2			ΕΞΕΤΑΣΕΙΣ ΟΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩΝ
04-05/07/2020	PERSONAL TRAINING Elite level 3	KETTLEBELLS TRAINING			EQUIPMENT PILATES Adv level 2	FUN KIDS YOGA		
11-12/07/2020	PERSONAL TRAINING Specialized level 4				EQUIPMENT PILATES Adv level 2	FUN KIDS YOGA		
18-19/07/2020	PERSONAL TRAINING Specialized level 4	OLYMPIC WEIGHTLIFTING TRAINING			EQUIPMENT PILATES Adv level 2	FUN KIDS YOGA		
25-26/07/2020	PERSONAL TRAINING Specialized level 4	OLYMPIC WEIGHTLIFTING TRAINING						

**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 (ACE Approved)	FKY	Fun Kids Yoga
PGT	Group Training - Pro level 1 Body Conditioning Instructor			FCT	Functional Cross Training (ACE Approved)		
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		EQF level 4				
APPT	Props Pilates Teacher Adv level 2		EQF level 4	<b>WORKSHOPS</b>			
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		Yoga Alliance	Small Group Training by ACE		Pilates on Air	
YET	Yoga Teacher Elite level 3 - YWTT 300h		Yoga Alliance	Teen Fitness by ACE		Πρώτων Βοηθών CPR/AED	
ΣΥΝΕΡΓΑΖΟΜΕΝΑ ΓΥΜΝΑΣΤΗΡΙΑ							
ΓΥΜΝΑΣΤΗΡΙΑ	PEAK FITNESS			Π.ΦΑΛΗΡΟ	ΖΗΣΙΜΟΠΟΥΛΟΥ 68		
	ΧΑΛΙΚΙ			ΗΛΙΟΥΠΟΛΗ	ΓΡΑΜΜΟΥ 14		
	MELEKOS HEALTH CLUB			ΑΛΙΜΟΣ	ΛΕΩΝΤΟΣ 4		