

Γενικό Πρόγραμμα GRAFTS HELLAS Θεσσαλονίκης 2019-2020								
KATEYΘYNΣEΙΣ EΙΔIKOTHTETE	PERSONAL TRAINING		GROUP TRAINING	PILATES	YOGA	WORKSHOPS		EVENTS
21-22/09/2019	ΕΞΕΤΑΣΕΙΣ ΕΙΔΙΚΟΤΗΤΩΝ ΣΕΠΤΕΜΒΡΙΟΥ							
28-29/09/2019				EQUIPMENT PILATES PRO level 1				
05-06/10/2019	ΤΕΛΕΤΗ ΕΝΑΡΞΗΣ - ΔΙΟΝΟΜΗ ΠΤΥΧΙΩΝ 2018-2019					OPEN FITNESS DAY		
12-13/10/2019	CORE FITNESS Pro level 1	SUSPENSION EXERCISE	GROUP TRAINING Pro level 1					
19-20/10/2019	CORE FITNESS Pro level 1	FUNCTIONAL METABOLIC TRAINING	GROUP TRAINING Pro level 1					
26-27/10/2019	28η Οκτωβρίου							
02-03/11/2019	PERSONAL TRAINING Pro level 1	KETTLEBELLS	GROUP TRAINING Pro level 1	MAT PILATES Pro level 1				
09-10/11/2019	PERSONAL TRAINING Pro level 1	OLYMPIC WEIGHTLIFTING	GROUP TRAINING Pro level 1	MAT PILATES Pro level 1	YOGAPro level 1			
16-17/11/2019	CORE FITNESS Adv level 2		GROUP TRAINING Pro level 1	MAT PILATES Pro level 1	YOGAPro level 1	CYCLING		
23-24/11/2019	PERSONAL TRAINING Pro level 2		GROUP TRAINING Adv level 2	PROPS PILATES Pro level 1	YOGAPro level 1			
30-01/12/2019	PERSONAL TRAINING Pro level 2		GROUP TRAINING Adv level 2	PROPS PILATES Pro level 1	YOGAPro level 1			
07-08/12/2019	PERSONAL TRAINING Pro level 2		GROUP TRAINING Adv level 2	MAT & PROPS PILATES Adv level 2	YOGAPro level 1			
14-15/12/2019	ELITE PERSONAL TRAINING		GROUP TRAINING Adv level 2	MAT & PROPS PILATES Adv level 2		Standing Asanas Workshop 14/12	ACE SPORTS CONDITIONING	
21-22/12/2019	ELITE PERSONAL TRAINING		GROUP TRAINING Adv level 2	MAT & PROPS PILATES Adv level 2		Arm Balances Workshop 21/12	ACE TEEN FITNESS	
28-29/12/2019	Χριστούγεννα							
04-05/01/2020	Θεοφάνεια							
11-12/01/2020	ELITE PERSONAL TRAINING		ΕΞΕΤΑΣΕΙΣ GT 1 & 2	EQUIPMENT PILATES PRO level 1	AERIAL YOGA	Inversions Workshop 11/1		
18-19/01/2020	ΕΞΕΤΑΣΕΙΣ PT 1-2 & 3 ΧΕΙΜΕΡΙΝΟ			EQUIPMENT PILATES PRO level 1	AERIAL YOGA			
24-25/01/2020		SUSPENSION EXERCISE						
25-26/01/2020	CORE FITNESS Pro level 1	FUNCTIONAL METABOLIC TRAINING		EQUIPMENT PILATES Adv level 2	AERIAL YOGA	Dance Aerobic		
01-02/02/2020	CORE FITNESS Pro level 1	OLYMPIC WEIGHTLIFTING	GROUP TRAINING Pro level 1	EQUIPMENT PILATES Adv level 2	FUN KIDS YOGA			
08-09/02/2020	PERSONAL TRAINING Pro level 1	CORRECTIVE EXERCISE BY FT COACH M1	GROUP TRAINING Pro level 1		FUN KIDS YOGA	Dance Aerobic		
15-16/02/2020	PERSONAL TRAINING Pro level 1	CORRECTIVE EXERCISE BY FT COACH M2	GROUP TRAINING Pro level 1	ΕΞΕΤΑΣΕΙΣ PILATES				
22-23/02/2020	PERSONAL TRAINING Pro level 1		GROUP TRAINING Pro level 1	MAT PILATES Pro level 1		Dance Aerobic	ACE WEIGHT MANAGEMENT	
29-01/03/2020	Καθαρά Δευτέρα							
07-08/03/2020	CORE FITNESS Adv level 2	KETTLEBELLS	GROUP TRAINING Pro level 1	MAT PILATES Pro level 1				
13-14-15/03/2020	29th HEALTH & FITNESS CONGRESS BY GRAFTS HELLAS 2019 ΘΕΣΣΑΛΟΝΙΚΗ							
21-22/03/2020	PERSONAL TRAINING Pro level 2		GROUP TRAINING Adv level 2	MAT PILATES Pro level 1		Dance Aerobic		
28-29/03/2020	PERSONAL TRAINING Pro level 2	ACE HEALTH COACH	GROUP TRAINING Adv level 2	PROPS PILATES Pro level 1	YOGAPro level 1			
04-05/04/2020	PERSONAL TRAINING Pro level 2	ACE HEALTH COACH	GROUP TRAINING Adv level 2	PROPS PILATES Pro level 1	YOGAPro level 1			
11-12/04/2020	PERSONAL TRAINING Pro level 2	ACE HEALTH COACH	GROUP TRAINING Adv level 2	MAT & PROPS PILATES Adv level 2	YOGAPro level 1	Dance Aerobic		
18-19/04/2020	Πάσχα							
25-26/04/2020	ΕΞΕΤΑΣΕΙΣ PT 1-2		GROUP TRAINING Adv level 2	MAT & PROPS PILATES Adv level 2	YOGAPro level 1			
02-03/05/2020	ELITE PERSONAL TRAINING		ΕΞΕΤΑΣΕΙΣ GT 1 & 2	MAT & PROPS PILATES Adv level 2	YOGAPro level 1			
09-10/05/2020	ELITE PERSONAL TRAINING		GROUP TRAINING Elite level 3	EQUIPMENT PILATES PRO level 1		Standing Asanas Workshop 10/5		
16-17/05/2020	ELITE PERSONAL TRAINING		GROUP TRAINING Elite level 3	EQUIPMENT PILATES PRO level 1		Arm Balances Workshop 17/5		
23-24/05/2020		CORRECTIVE EXERCISE BY FT COACH M1	GROUP TRAINING Elite level 3	EQUIPMENT PILATES Adv level 2		Inversions Workshop 24/5		
30-31/05/2020		CORRECTIVE EXERCISE BY FT COACH M2		EQUIPMENT PILATES Adv level 2				
06-07/06/2020	ΕΞΕΤΑΣΕΙΣ PERSONAL TRAINING Elite		ΕΞΕΤΑΣΕΙΣ GT 3	ΕΞΕΤΑΣΕΙΣ PILATES				
13-14/06/2020								
20-21/06/2020								
27-28/06/2020								

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		CEM1		Corrective Exercise Module 1 by FT COACH		FST	Fight Sports Training
EPT	Personal Training Elite level 3 Personal Trainer	EQF level 4		CEM2		Corrective Exercise Module 2 by FT COACH		PIL	Pilardio
SPT	Personal Training Specialist level 4 -Weight Management	EQF level 5		SE		Suspension Exercise		AYA	Aerial Yoga Arts
ETM	Group Training - Pro level 1			FCT		Functional Cross Training		FKY	Fun Kids Yoga
GFI	Group Training Adv level 2 Group Fitness Instructor	EQF level 3		KT		Kettelbells Training			Aqua Training
EAT	Group Training Elite level 3 Aerobic Trainer			OW		Olympic Weightliffng			
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			Πρώτων Βοηθείων CPR/AED					
ΣΥΝΕΡΓΑΖΟΜΕΝΑ ΓΥΜΝΑΣΤΗΡΙΑ									
ΓΥΜΝΑΣΤΗΡΙΑ	TOPFITNESS	FRAME STUDIO PILATES							

