

Γενικό Πρόγραμμα GRAFTS HELLAS Λάρισας 2019 - 2020

ΚΑΤΕΥΘΥΝΣΕΙΣ ΕΙΔΙΚΟΤΗΤΕΣ	PERSONAL TRAINING	EXERCISE to MUSIC	PILATES	YOGA	WORKSHOPS	EVENTS
26-27/10/2019						
02-03/11/2019						
9-10/11/2019						
16-17/11/2019						
23-24/11/2019						
30-01/12/2019						
07-08/12/2019						
14-15/12/2019						
21-22/12/2019						
28-29/12/2019						
04-05/1/2020						
11-12/01/2020	PERSONAL TRAINING Pro level 1	CORE FITNESS Pro level 1				
18-19/01/2020						
25-26/01/2020	PERSONAL TRAINING Pro level 1	CORE FITNESS Pro level 1				
01-02/02/2020						
08-09/02/2020	PERSONAL TRAINING Pro level 1	CORE FITNESS Pro level 1		MAT PILATES Pro level 1		
15-16/02/2020				MAT PILATES Pro level 1		
22-23/02/2020	PERSONAL TRAINING Adv level 2	SUSPENSION EXERCISE				
29/03-1/03/2020				MAT PILATES Pro level 1		
07-8/03/2020	PERSONAL TRAINING Adv level 2	FUNCTIONAL METABOLIC CROSS TRAINING		PROPS PILATES Pro level 1		
14-15/03/2020				PROPS PILATES Pro level 1		
21-22/03/2020	PERSONAL TRAINING Adv level 2				YOGA Pro level 1	
28-29/03/2020					YOGA Pro level 1	
04-05/04/2020	PERSONAL TRAINING Elite level 3	ΕΞΕΤΑΣΕΙΣ PERSONAL TRAINING Adv level 2			YOGA Pro level 1	
11-12/04/2020	PERSONAL TRAINING Elite level 3					
18-19/04/2020						
25-26/04/2020						
02-03/05/2020		ΕΞΕΤΑΣΕΙΣ PERSONAL TRAINING Elite level 3				
09-10/05/2020						
16-17/05/2020						
23-24/05/2020						
30-31/05/2020						
06-07/06/2020						
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	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	