			Γενικό Πρόγι	paµµa <mark>GRAFT</mark>	S HELLAS Hp	ακλείου Κρήτ	της 2024 - 20	25		
ΚΑΤΕΥΘΥΝΣΕΙΣ ΕΙΔΙΚΟΤΗΤΕΣ	P	ERSONAL TRAINI	NG	GROUP FITNE	SS TRAINING	PILATES TEAC	HER TRAINING	YOGA TEACH	ER TRAINING	WORKSHOPS
31/08- 01/09/2024										
07-08/09/2024										
4-15/09/2024			OLYMPIC WEIGHTLIFTING		ELEVEN	PILATES REFORMER I	PILATES PRENATAL			
				FENIKH EEE	ΤΑΣΤΙΚΗ ΟΛΩΝ ΤΩΝ ΕΙ	ΔΙΚΟΤΗΤΩΝ				
1-22/09/2024			OLYMPIC WEIGHTLIFTING		FIGHT DO	EQUIPMENT PILATES				
			SUSPENSION			Elite level 3 EQUIPMENT PILATES				
28-29/09/2024			EXERCISE		UBOUND >	Elite level 3	PILATES ARC	AERIAL YOGA		
05-06/10/2024			EXERCISE		POWER >	EQUIPMENT PILATES Elite level 3	SPINE CORRECTOR	AERIAL YOGA		
							PILATES REFORMER II			
				XEIMEPI	ΝΗ ΕΚΠΑΙΔΕΥΤΙΚ	Η ΠΕΡΙΟΔΟΣ				
2-13/10/2024	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	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	ΠΡΩΤΕΣ BOHΘΕΙΕ CPR/AED
9-20/10/2024	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 PILATES INTRO	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	CORE FITNESS Pro level 1	
6-27/10/2024				28η Οκτωβρίου				AERIAL YOGA		
2-03/11/2024	PERSONAL TRAINING Pro level 1				TOP RIDE	MAT PILATES Pro level 1				
9-10/11/2024	PERSONAL TRAINING Pro level 1				HYPER C >	MAT PILATES Pro level 1		YOGA INTRO		
6-17/11/2024	PERSONAL TRAINING				FACTOR F	MAT & PROPS PILATES		YOGA TRAINING		
	PERSONAL TRAINING				X55 >	Pro level 1 PROPS PILATES		Pro level 1 YOGA TRAINING		
3-24/11/2024	Pro level 1	CORE EXPLICATION	CORE EXPLICATION	CORE ETRUME		Pro level 1		Pro level 1 YOGA TRAINING		
01/12/2024	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	PILATES REFORMER I	Pro level 1 YOGA TRAINING		
7-08/12/2024	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	PILATES REFORMER II	Pro level 1		
4-15/12/2024	Adv level 2				KIMAX	EQUIPMENT PILATES Pro level 1		YOGA TRAINING Pro level 2		
1-22/12/2024	PERSONAL TRAINING Adv level 2				OXIGENO	EQUIPMENT PILATES Pro level 1				
8-29/12/2024					Voices	incora				
4-05/01/2025					Χριστο	υγεννα				
1-12/01/2025	PERSONAL TRAINING Adv level 2	SUSPENSION EXERCISE			MEGADANZ >	EQUIPMENT PILATES Pro level 1		AERIAL YOGA		
8-19/01/2025	PERSONAL PROPERTY.	SUSPENSION EXERCISE		GROUP TRAINING Pro level 1		MAT PILATES Adv level 2		AERIAL YOGA		
5-26/01/2025	PERSONAL TRAINING	FUNCTIONAL CROSS		GROUP TRAINING		MAT PILATES		AERIAL YOGA		
1-02/02/2025	DEDOCALL TRAVELO	TRAINING FUNCTIONAL CROSS		Pro level 1 GROUP TRAINING		Adv level 2 MAT & PROPS PILATES		AERIAL YOGA		
	Little level 3	TRAINING		Pro level 1 GROUP TRAINING		Adv level 2 EQUIPMENT PILATES				
8-09/02/2025	Elite level 3 PERSONAL TRAINING	TRAINING KETTLEBELLS		Pro level 1 GROUP TRAINING		Adv level 2 EQUIPMENT PILATES		FUN KIDS YOGA		
15-16/02/2025	WEIGHT MANAGEMENT Specialized level 4 PERSONAL TRAINING	TRAINING		Pro level 1		Adv level 2		FUN KIDS YOGA		
22-23/02/2025	PERSONAL TRAINING WEIGHT MANAGEMENT Specialized level 4	OLYMPIC WEIGHTLIFTING				EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		
1-02/03/2025	PERSONAL TRAINING			1	Αποκριές -	Κ.Δευτέρα	1			
8-09/03/2025	WEIGHT MANAGEMENT	OLYMPIC WEIGHTLIFTING						AERIAL TFD		
10-09/03/2023				ı	ΈΝΙΚΗ ΕΞΕΤΑΣΤΙΚΗ Ο	ΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩ	N			
				EAPIN	Н ЕКПАІДЕҮТІКН	ΠΕΡΙΟΔΟΣ				
5-16/03/2025	CORE FITNESS Pro level 1	PERSONAL TRAINING DIABETES MELLITUS	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		
2-23/03/2025	CORE FITNESS Pro level 1	Specialized level 4 PERSONAL TRAINING DIABETES MELLITUS	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		
9-30/03/2025	DEDCOMAL TRAVILLO	Specialized level 4 PERSONAL TRAINING DIABETES MELLITUS				MAT PILATES	PILATES PRENATAL			
	Pro level 1	Specialized level 4 PERSONAL TRAINING				Pro level 1				
05-06/04/2025	Pro level 1 PERSONAL TRAINING	Specialized level 5 PERSONAL TRAINING				MAT PILATES Pro level 1 MAT & PROPS PILATES	EQUIPMENT PILATES Elite level 3 EQUIPMENT PILATES			
2-13/04/2025	PERSONAL TRAINING Pro level 1	Specialized level 5				Pro level 1	Elite level 3	YOGA INTRO		
9-20/04/2025					Πάο					
26-27/04/2025	PERSONAL TRAINING Pro level 1	PERSONAL TRAINING Specialized level 5				PROPS PILATES Pro level 1	EQUIPMENT PILATES Elite level 3	YOGA TRAINING Pro level 1		
3-04/05/2025	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	YOGA TRAINING Pro level 1		
0-11/05/2025	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	CORE FITNESS Adv level 2	YOGA TRAINING Pro level 1		-
7-18/05/2025	PERSONAL TRAINING Adv level 2	SUSPENSION EXERCISE			AQUA FITNESS	EQUIPMENT PILATES Pro level 1		YOGA TRAINING Pro level 1		
4-25/05/2025		SUSPENSION EXERCISE			AQUA FITNESS	EQUIPMENT PILATES Pro level 1		YOGA TRAINING Pro level 0		
31/05-	PERSONAL TRAINING	FUNCTIONAL CROSS			AQUA FITNESS	EQUIPMENT PILATES		AERIAL YOGA		
01/06/2025 7-08/06/2025	Adv level 2 PERSONAL TRAINING	TRAINING FUNCTIONAL CROSS			C	Pro level 1 MAT PILATES		AERIAL YOGA		
	Adv level 2	TRAINING KETTLEBELLS				Adv level 2 MAT PILATES				
4-15/06/2025	Elite level 3	TRAINING				Adv level 2 MAT & PROPS PILATES		AERIAL YOGA		
	PERSONAL TRAINING Elite level 3	KETTLEBELLS TRAINING				Adv level 2		AERIAL YOGA		
1-22/06/2025				ΓENIKH EΞE	ΤΑΣΤΙΚΗ ΟΛΩΝ ΤΩΝ ΕΙ					
		OLYMPIC WEIGHTLIFTING				EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		
21-22/06/2025 28-29/06/2025	PERSONAL TRAINING Elite level 3	OLIMPIC WEIGHTEIT IING								
28-29/06/2025	PERSONAL TRAINING Elite level 3 PERSONAL TRAINING Specialized level 4	OLYMPIC WEIGHTLIFTING				EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		
	PERSONAL TRAINING Specialized level 4					EQUIPMENT PILATES Adv level 2 EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		
8-29/06/2025 5-06/07/2025	Elite level 3 PERSONAL TRAINING Specialized level 4 PERSONAL TRAINING					Adv level 2 EQUIPMENT PILATES				