			Γενικό Ι	Πρόγραμμα G	RAFTS HELLA	<mark>S</mark> Κύπρου 20	24 - 2025			
ΚΑΤΕΥΘΥΝΣΕΙΣ ΕΙΔΙΚΟΤΗΤΕΣ	Pl	ERSONAL TRAINII	NG	GROUP FITNE	SS TRAINING	PILATES TEAC	HER TRAINING	YOGA TEACH	ER TRAINING	WORKSHOPS
31/08- 01/09/2024										
7-08/09/2024										
4-15/09/2024			OLYMPIC WEIGHTLIFTING		ELEVEN	PILATES REFORMER I	PILATES PRENATAL			
				ΓENIKH EΞE	ΤΑΣΤΙΚΗ ΟΛΩΝ ΤΩΝ ΕΙ	ΔΙΚΟΤΗΤΩΝ				
1-22/09/2024			OLYMPIC WEIGHTLIFTING		FIGHT DO	EQUIPMENT PILATES				
0.20/00/2024			SUSPENSION		UBOUND >	Elite level 3 EQUIPMENT PILATES		455511 VOC.		
8-29/09/2024			EXERCISE SUSPENSION			Elite level 3 EQUIPMENT PILATES	PILATES ARC	AERIAL YOGA		
5-06/10/2024			EXERCISE		POWER	Elite level 3	SPINE CORRECTOR	AERIAL YOGA		
							PILATES REFORMER II			
				ХЕІМЕРІ	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 PILATES INTRO	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 Pro level 1				FACTOR F	MAT & PROPS PILATES Pro level 1		YOGA TRAINING Pro level 1		
3-24/11/2024	PERSONAL TRAINING				X55 >	PROPS PILATES		YOGA TRAINING		
30/11/-	Pro level 1 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	Pro level 1 CORE FITNESS Adv level 2	PILATES REFORMER I	Pro level 1 YOGA TRAINING		
01/12/2024							PILATES REFORMER II	Pro level 1 YOGA TRAINING		
7-08/12/2024	CORE FITNESS Adv level 2 PERSONAL TRAINING	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 EQUIPMENT PILATES	PILATES REFORMER II	Pro level 1 YOGA TRAINING		
4-15/12/2024	Adv level 2				KIMAX	Pro level 1		Pro level 2		
1-22/12/2024	PERSONAL TRAINING Adv level 2				OXIGENO _	EQUIPMENT PILATES Pro level 1				
8-29/12/2024					Χριστο	ύγεννα				
4-05/01/2025						-,				
1-12/01/2025	PERSONAL TRAINING Adv level 2	SUSPENSION EXERCISE			MEGADANZ >	EQUIPMENT PILATES Pro level 1		AERIAL YOGA		
8-19/01/2025	PERSONAL TRAINING Adv level 2	SUSPENSION EXERCISE		GROUP TRAINING Pro level 1		MAT PILATES Adv level 2		AERIAL YOGA		
5-26/01/2025	PERSONAL TRAINING Elite level 3	FUNCTIONAL CROSS TRAINING		GROUP TRAINING Pro level 1		MAT PILATES Adv level 2		AERIAL YOGA		
1-02/02/2025	PERSONAL TRAINING Elite level 3	FUNCTIONAL CROSS TRAINING		GROUP TRAINING Pro level 1		MAT & PROPS PILATES Adv level 2		AERIAL YOGA		
8-09/02/2025	PERSONAL TRAINING Elite level 3	KETTLEBELLS TRAINING		GROUP TRAINING Pro level 1		EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		
5-16/02/2025	PERSONAL TRAINING WEIGHT MANAGEMENT	KETTLEBELLS		GROUP TRAINING		EQUIPMENT PILATES		FUN KIDS YOGA		
22-23/02/2025	Specialized level 4 PERSONAL TRAINING WEIGHT MANAGEMENT	TRAINING OLYMPIC WEIGHTLIFTING		Pro level 1		Adv level 2 EQUIPMENT PILATES		FUN KIDS YOGA		
1-02/03/2025	Specialized level 4				Αποκριές -	Adv level 2				
1-02/03/2023	PERSONAL TRAINING				Allokpies -	к.деотери				
8-09/03/2025	WEIGHT MANAGEMENT Specialized level 5	OLYMPIC WEIGHTLIFTING						AERIAL TFD		
					ENIKH EΞΕΤΑΣΤΙΚΗ Ο/		N			
		PERSONAL TRAINING		EAPIN	Н ЕКПАІДЕҮТІКН	ΠΕΡΙΟΔΟΣ				
5-16/03/2025	CORE FITNESS Pro level 1	DIABETES MELLITUS Specialized level 4	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	PERSONAL TRAINING DIABETES MELLITUS Specialized level 4	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		
9-30/03/2025	PERSONAL TRAINING Pro level 1	PERSONAL TRAINING DIABETES MELLITUS Specialized level 4				MAT PILATES Pro level 1	PILATES PRENATAL			
5-06/04/2025	PERSONAL TRAINING Pro level 1	PERSONAL TRAINING Specialized level 5				MAT PILATES Pro level 1	EQUIPMENT PILATES Elite level 3			
2-13/04/2025	PERSONAL TRAINING Pro level 1	PERSONAL TRAINING Specialized level 5				MAT & PROPS PILATES Pro level 1	EQUIPMENT PILATES Elite level 3	YOGA INTRO		
9-20/04/2025					Πάο	σχα				
6-27/04/2025	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	Pro level 1 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		
	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	Pro level 1 YOGA TRAINING		
0-11/05/2025	PERSONAL TRAINING	SUSPENSION	CORETTINESS AND TEVEL 2	CORE TITILESS AND TEVEL 2		EQUIPMENT PILATES	CORE TIMESS Adv level 2	Pro level 1 YOGA TRAINING		
7-18/05/2025	Adv level 2 PERSONAL TRAINING	EXERCISE SUSPENSION			AQUA FITNESS	Pro level 1 EQUIPMENT PILATES		Pro level 1 YOGA TRAINING		
4-25/05/2025	Adv level 2	EXERCISE			AQUA FITNESS	Pro level 1		Pro level 0		
31/05- 01/06/2025	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING			AQUA FITNESS	EQUIPMENT PILATES Pro level 1		AERIAL YOGA		
7-08/06/2025	PERSONAL TRAINING Adv level 2	FUNCTIONAL CROSS TRAINING				MAT PILATES Adv level 2		AERIAL YOGA		
4-15/06/2025	PERSONAL TRAINING Elite level 3	KETTLEBELLS TRAINING				MAT PILATES Adv level 2		AERIAL YOGA		
1-22/06/2025	PERSONAL TRAINING Elite level 3	KETTLEBELLS TRAINING		-		MAT & PROPS PILATES Adv level 2		AERIAL YOGA		-
				ΓENIKH EΞE	ΤΑΣΤΙΚΗ ΟΛΩΝ ΤΩΝ ΕΙ					
8-29/06/2025	PERSONAL TRAINING Elite level 3	OLYMPIC WEIGHTLIFTING				EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		
5-06/07/2025	PERSONAL TRAINING	OLYMPIC WEIGHTLIFTING				EQUIPMENT PILATES		FUN KIDS YOGA		
2-13/07/2025	Specialized level 4 PERSONAL TRAINING					Adv level 2 EQUIPMENT PILATES		FUN KIDS YOGA		
	Specialized level 4 PERSONAL TRAINING					Adv level 2				
9-20/07/2025	Specialized level 4							AERIAL TFD		
6-27/07/2025										