			I EVIKU	Πρόγραμμα 🤇	IKAI IS IILLE	io iiuipus 20	24 2025			
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										
14-15/09/2024			OLYMPIC WEIGHTLIFTING		ELEVEN	PILATES REFORMER I	PILATES PRENATAL			
				ΓENIKH EΞE	ΤΑΣΤΙΚΗ ΟΛΩΝ ΤΩΝ ΕΙ	ΔΙΚΟΤΗΤΩΝ				
21-22/09/2024			OLYMPIC WEIGHTLIFTING		FIGHT DO	EQUIPMENT PILATES				
28-29/09/2024			SUSPENSION		UBOUND >	Elite level 3 EQUIPMENT PILATES		AERIAL YOGA		
20 23/03/2024			SUSPENSION			Elite level 3 EQUIPMENT PILATES	PILATES ARC	AERIAL YOGA		
05-06/10/2024			EXERCISE		POWER	Elite level 3	SPINE CORRECTOR	AERIAL TOGA		
							PILATES REFORMER II			
				XEIMEPI	ΝΗ ΕΚΠΑΙΔΕΥΤΙΚ	Η ΠΕΡΙΟΔΟΣ				
12-13/10/2024	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 BOHΘΕΙΕΣ CPR/AED
19-20/10/2024	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	
26-27/10/2024				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		
23-24/11/2024	PERSONAL TRAINING Pro level 1				X55 >	PROPS PILATES Pro level 1		YOGA TRAINING Pro level 1		
30/11/- 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	YOGA TRAINING Pro level 1		
07-08/12/2024	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	YOGA TRAINING Pro level 1		
14-15/12/2024	PERSONAL TRAINING				KIMAX	EQUIPMENT PILATES		YOGA TRAINING		
1-22/12/2024	Adv level 2 PERSONAL TRAINING				OXIGENO	Pro level 1 EQUIPMENT PILATES		Pro level 2		
28-29/12/2024	Adv level 2					Pro level 1				
					Χριστο	ύγεννα				
04-05/01/2025	PERSONAL TRAINING	SUSPENSION			(May 1997)	EQUIPMENT PILATES				
1-12/01/2025	Adv level 2	EXERCISE		CROUP TO LYNING	MEGADANZ	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		
25-26/01/2025	PERSONAL TRAINING Elite level 3	FUNCTIONAL CROSS TRAINING		GROUP TRAINING Pro level 1		MAT PILATES Adv level 2		AERIAL YOGA		
01-02/02/2025	PERSONAL TRAINING Elite level 3	FUNCTIONAL CROSS TRAINING		GROUP TRAINING Pro level 1		MAT & PROPS PILATES Adv level 2		AERIAL YOGA		
08-09/02/2025	PERSONAL TRAINING Elite level 3	KETTLEBELLS TRAINING		GROUP TRAINING Pro level 1		EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		
15-16/02/2025	PERSONAL TRAINING WEIGHT MANAGEMENT Specialized level 4	KETTLEBELLS TRAINING		GROUP TRAINING Pro level 1		EQUIPMENT PILATES 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		
01-02/03/2025					Αποκριές -	Κ.Δευτέρα				
	PERSONAL TRAINING WEIGHT MANAGEMENT Specialized level 5	OLYMPIC WEIGHTLIFTING						AERIAL TFD		
08-09/03/2025	Specialized level 5			ı	ΈΝΙΚΗ ΕΞΕΤΑΣΤΙΚΗ ΟΛ	ΙΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩ	N			
				EAPIN	Н ЕКПАІДЕҮТІКН	ΠΕΡΙΟΔΟΣ				
15-16/03/2025	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		
22-23/03/2025	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		
	PERSONAL TRAINING	Specialized level 4 PERSONAL TRAINING	CORE ITINESS PIO IEVEI I	CORE TITALESS FIO IEVEL I	CORE TITNESS FIO level 1	PILATES INTRO MAT PILATES	PILATES PRENATAL	CORE TITALSS FIO IEVEL I		
29-30/03/2025	Pro level 1 PERSONAL TRAINING	DIABETES MELLITUS 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			
12-13/04/2025	Pro level 1	Specialized level 5				Pro level 1	Elite level 3	YOGA INTRO		
19-20/04/2025					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		
03-04/05/2025	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		
10-11/05/2025	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		
17-18/05/2025	PERSONAL TRAINING Adv level 2	SUSPENSION EXERCISE			AQUA FITNESS	EQUIPMENT PILATES Pro level 1		YOGA TRAINING Pro level 1		
24-25/05/2025	PERSONAL TRAINING Adv level 2	SUSPENSION EXERCISE			AQUA FITNESS	EQUIPMENT PILATES Pro level 1		YOGA TRAINING 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		
07-08/06/2025	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		
21-22/06/2025	PERSONAL TRAINING	KETTLEBELLS				MAT & PROPS PILATES		AERIAL YOGA		
	Elite level 3	TRAINING		FENIVU ESE	ΤΑΣΤΙΚΗ ΟΛΩΝ ΤΩΝ ΕΙ	Adv level 2				
28-29/06/2025	PERSONAL TRAINING			TENIKH EEE	TAZTIKH OASZN TSZN E.	EQUIPMENT PILATES				
	Elite level 3	OLYMPIC WEIGHTLIFTING				Adv level 2		FUN KIDS YOGA		
05-06/07/2025	PERSONAL TRAINING Specialized level 4	OLYMPIC WEIGHTLIFTING				EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		
12-13/07/2025	PERSONAL TRAINING Specialized level 4					EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		
19-20/07/2025	PERSONAL TRAINING Specialized level 4							AERIAL TFD		