			ι ενικο προ	ураµµа СКА	FIS HELLAS	σεσσανονικιία	; 2024 - 2025			
ΚΑΤΕΥΘΥΝΣΕΙΣ ΕΙΔΙΚΟΤΗΤΕΣ	P	ERSONAL TRAINI	NG	GROUP FITNE	ESS 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 E≡E	ΤΑΣΤΙΚΗ ΟΛΩΝ ΤΩΝ Ε	ΔΙΚΟΤΗΤΩΝ				
21-22/09/2024			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 BOHΘΕΙΕΣ 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 PILATES INTRO	CORE FITNESS Pro level 1 PILATES INTRO		CORE FITNESS Pro level 1	
26-27/10/2024			1	28η Οκτωβρίου		1		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		YOGA INTRO		
6-17/11/2024	PERSONAL TRAINING				FACTOR F	Pro level 1 MAT & PROPS PILATES		YOGA TRAINING		
	Pro level 1 PERSONAL TRAINING				X55 >	Pro level 1 PROPS PILATES		Pro level 1 YOGA TRAINING		
30/11/-	Pro level 1	CORE EXPLICATION	cons symmetry	CODE PURINCE		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		
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	Pro level 1		
14-15/12/2024	Aut level 2				KIMAX	EQUIPMENT PILATES Pro level 1		YOGA TRAINING Pro level 1		
21-22/12/2024	PERSONAL TRAINING Adv level 2				OXIGENO	EQUIPMENT PILATES Pro level 1				
28-29/12/2024					Yourro	ὑγεννα				
04-05/01/2025					хрюто	σγεννα				
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		
25-26/01/2025	DEDCOMAL TRAVENCE	FUNCTIONAL CROSS TRAINING		GROUP TRAINING Pro level 1		MAT PILATES Adv level 2		AERIAL YOGA		
01-02/02/2025	PERSONAL TRAINING	FUNCTIONAL CROSS		GROUP TRAINING		MAT & PROPS PILATES		AERIAL YOGA		
08-09/02/2025	Elite level 3 PERSONAL TRAINING	TRAINING KETTLEBELLS		Pro level 1 GROUP TRAINING		Adv level 2 EQUIPMENT PILATES		FUN KIDS YOGA		
	PERSONAL TRAINING	TRAINING KETTLEBELLS		Pro level 1 GROUP TRAINING		Adv level 2 EQUIPMENT PILATES				
15-16/02/2025	WEIGHT MANAGEMENT Specialized level 4 PERSONAL TRAINING WEIGHT MANAGEMENT	TRAINING		Pro level 1		Adv level 2		FUN KIDS YOGA		
22-23/02/2025	WEIGHT MANAGEMENT Specialized level 4	OLYMPIC WEIGHTLIFTING				EQUIPMENT PILATES Adv level 2		FUN KIDS YOGA		
01-02/03/2025	PERSONAL TRAINING		T		Αποκριές -	Κ.Δευτέρα				
08-09/03/2025	WEIGHT MANAGEMENT	OLYMPIC WEIGHTLIFTING						AERIAL TFD		
					ENIKH EΞΕΤΑΣΤΙΚΗ Ο	ΛΩΝ ΤΩΝ ΕΙΔΙΚΟΤΗΤΩ	N			
				EAPIN	Н ЕКПАІДЕҮТІКН	ΠΕΡΙΟΔΟΣ				
15-16/03/2025	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			
22-23/03/2025	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		
29-30/03/2025	PERSONAL TRAINING Pro level 1	Specialized level 4 PERSONAL TRAINING DIABETES MELLITUS				MAT PILATES Pro level 1	PILATES PRENATAL			
05-06/04/2025	PERSONAL TRAINING	Specialized level 4 PERSONAL TRAINING				MAT PILATES	EQUIPMENT PILATES			
12-13/04/2025	Pro level 1 PERSONAL TRAINING	Specialized level 5 PERSONAL TRAINING				Pro level 1 MAT & PROPS PILATES	Elite level 3 EQUIPMENT PILATES	YOGA INTRO		
	Pro level 1	Specialized level 5			P.L	Pro level 1	Elite level 3	0 1.7.00		
19-20/04/2025	PERSONAL TRAINING	PERSONAL TRAINING			110	PROPS PILATES	EQUIPMENT PILATES	YOGA TRAINING		
26-27/04/2025	Pro level 1	Specialized level 5				Pro level 1	Elite level 3	Pro level 1 YOGA TRAINING		
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	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 1		
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	DEDCOMAL TRAVENC	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	KETTLEBELLS				MAT & PROPS PILATES		AERIAL YOGA		
,,	Elite level 3	TRAINING		_ FENIKH E=E	ΤΑΣΤΙΚΗ ΟΛΩΝ ΤΩΝ Ε	Adv level 2				
28-29/06/2025	PERSONAL TRAINING	OLYMPIC WITTO		PENIMITEE	THE CAME IN E	EQUIPMENT PILATES		FILLUTER		
	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		