



## 2017 is your time to shine - AIM for the stars with Les Mills Advanced Instructor Module

### What's the Advanced Instructor Module all about?

AIM is all about deepening your knowledge and understanding in the program you love to teach. During the three days of AIM training you will learn more about advanced technique specific to your program, you will develop coaching, connection and performance skills that will help your participants achieve the results they want and keep them coming back for more



### AIM for greatness in Les Mills GRIT®

You asked for it now it's ready to go. We are proud to introduce the first Advanced Instructor Module for Les Mills GRIT® going off 10-12 February in Stockholm.

Spend three amazing days with Les Mills Nordics best GRIT® Trainers; Elin Hellström and Hannah Lund. They will guide you through a developing journey and help you explore new tools that will take your coaching skills to new heights.

Take the opportunity and become one of the first GRIT® coaches in the world to up-skill to the next level.

Are you excited yet? Then check out the education dates below!

## ADVANCED INSTRUCTOR MODULE - EDUCATION DATES - 2017

### JANUARY

20-22 BODYBALANCE®, Drammen - Norway  
27-29 BODYBALANCE®, Warsaw - Poland

### FEBRUARY

10-12 BODYBALANCE®, Copenhagen - Denmark  
10-12 BODYPUMP®, Warsaw - Poland  
10-12 LES MILLS GRIT®, Stockholm - Sweden  
17-19 BODYPUMP®, Gothenburg - Sweden  
17-19 BODYPUMP®, Helsinki - Finland  
17-19 SH'BAM®, Gothenburg - Sweden

### MARCH

17-19 BODYPUMP®, Copenhagen - Denmark  
17-19 BODYSTEP®, Oslo - Norway  
17-19 BODYATTACK®, Gothenburg - Sweden  
17-19 BODYCOMBAT®, Helsinki - Finland  
24-26 CXWORX®, Helsinki - Finland

### APRIL

07-09 CXWORX®, Oslo - Norway

### MAY

12-14 BODYATTACK®, Tallinn - Estonia

Contact us at [lesmills@lesmills.net](mailto:lesmills@lesmills.net) for more information and to book your spot.